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2014 LUNAR NEW YEAR CELEBRATION

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Vancouver TED bringing out the big guns

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ELIZABETH BANKS GETS A LITTLE WYLD

ACTRESS GETS HER JOLLIES VOICING WYLDSTYLE IN THE LEGO MOVIE PAGE 19

SHOWING OUR SEAHAWKS PRIDE

Nathan Jamieson warms up for the Super Bowl at the Charlatan on Wednesday evening. Jamieson has spent thousands of dollars following the Seahawks this season, attending games in Seattle and on the road, but he plans on watching the game on Sunday at home. Seahawks mania has gripped the Lower Mainland as the team prepares to play its second Super Bowl in less than a decade. The hype surrounding the team has flooded north of the border with local merchandise shops saying Seahawks jerseys have outsold Canucks jerseys in recent months. For more Super Bowl coverage, see pages 8, 24, 25, 37 & 38. JENNIFER GAUTHIER/FOR METRO

More training urged after veteran's death

RCMP shooting. Coroner's jury makes 9 recommendations in Greg Matters inquest

A coroner's jury looking into the RCMP shooting death of a former soldier wants to see emergency-response-team members trained in the use of non-lethal weapons and wearing recording devices during confrontations.

Those are among nine recommendations made by the jury Thursday as an inquest closed into the death of Greg Matters.

The 41-year-old veteran was killed by RCMP during a standoff in September 2012 outside a rural home near Prince George.

The jury classified the death as a homicide, which carries no legal responsibility and doesn't imply fault, but it's a finding that another person contributed to his death and intended to cause injury.

An emergency response team had been deployed to the house to arrest Matters for assaulting his brother.

A 15-year military veteran who served in Bosnia, he was in treatment at the time for post-traumatic stress disorder.

The jury made two recommendations specifically aimed at mental-health issues, including that a qualified mental-health professional be made available to ERT members during deployment situations.

"Mental-health training (should) be required for RCMP members and be completed within the first year of active duty," the recommendations stated. "Such a program would include ongoing training and re-qualification."

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B.C. gov't web applications vulnerable to attacks: Audit

Online security. Cyber criminals could hack into confidential user information

The provincial government's websites are prime targets for cyber attacks, an audit blasting B.C.'s online security measures has found.

Auditor General Russ Jones released three reports on the government's IT practices Thursday.

In his Web Application Security report, Jones found that of 80 public-facing web applications scanned, 56 per cent of them had "one or more critical, high or medium vulnerabilities."

"These vulnerabilities could allow cyber criminals to access confidential information or cause malicious activity," Jones writes. "Of the critical, high and medium vulnerabilities found, we identified over 1,000 vulnerabilities for each of the security levels."

Jones concludes that the government's web applications are not adequately protected from cyber security threats, and classifies the potential loss of confidential information as "high risk."

Web applications are programs embedded in a website, such as login pages, registration forms, product requests and shopping carts.

Many of them on government websites require users to enter confidential information like passwords, credit-card information and other personal information.

Jones says cyber criminals commonly exploit flaws or weakness in these applications' designs to steal data and sensitive user information.

More than 50 per cent of government websites could be vulnerable to cyber attacks, according to an audit released on Thursday. ADAM BERRY/GETTY IMAGES

The audit recommends that the Office of the Chief Information Officer conduct a compliance review of web application development policies, establish a web application master inventory list and work with ministries to address the vulnerabilities. MATT KIELTYKA/METRO

Children tied up in violent home invasion

A Surrey family is terrified and confused after two robbers broke into their home, tied up four children and two women, threatened them with knives and stole their safe on Wednesday evening.

The children's mother Balvir Sandhar, who wasn't home during the invasion of her home in the 7500 block of 123A Street, said the family doesn't know the suspects, described as South Asian men wearing hoodies.

The suspects pushed open the door, hit her daughter-in-law and pulled a knife before yelling at the small children, including her 7-year-old twin daughters, Sandhar said Thursday.

"Then they asked my kids, 'I'm your dad's friend. Where is the money?'"

The robbery ended when Sandhar's husband and nephew arrived and confronted the suspects. Her nephew was hit in the face and remains in hospital, she said.

While the children and the women weren't physically injured, they were in "very bad" shape and didn't go to school on Thursday.

"They are asking me if these guys are coming again," Sandhar said.

The men, who fled in a dark coloured Honda Civic, made off with the safe of gold, passports and birth certificates.

Sandhar is begging the men to return the documents, especially the nine new passports.

"Please, give us our documents back. We won't say anything, if they put it in our driveway. We don't care about the gold," she said.

Sandhar was shocked this happened in the nice neighbourhood where her family has lived since 2000.

The site of the Surrey home invasion, in the 7500 block of 123A Street. COURTESY SHANE MACKICHAN

Police are still talking with the homeowners, though they initially provided "limited cooperation," Surrey RCMP Cpl. Bert Paquet said.

Investigators believe it wasn't a random attack but can't yet say if it may have been drug- or gang-related. They've never before responded to an incident at the house, Paquet said.

Victim services was called to provide counselling to the family, he added.

"The kids were doing OK, given the situation," he said. "It's always sad to see young children involved in incidents they have absolutely nothing to do with." EMILY JACKSON/METRO

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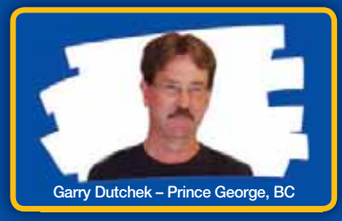
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Now go west, Mayor Ford

In town. Toronto's infamous son will be in Vancouver this weekend; a welcome respite from the Toronto press

The Rob Ford sideshow is coming to town.

The embattled Toronto mayor told The Sports Junkies radio show that he and his family will be in Vancouver for a funeral over the weekend, and returning to Toronto on Sunday night.

"Unfortunately one of my friend's mother passed away and she lived in Vancouver," he said. "Actually, I'm getting someone to tape the Super Bowl because I'll be on a plane."

The trip could come as a welcome respite from Toronto's press, which has been hounding him for answers about new allegations that he helped orchestrate a brutal jailhouse beating of his sister's former partner.

Scott MacIntyre is suing Ford for allegedly conspiring to force him to keep secret Ford's habit of doing drugs and hanging out with gang members, through threats and the severe beating last January.

None of the accusations have been proven in court and no statements of defence have been filed.

Ford refused to comment on Thursday morning in Toronto, but his lawyer, Dennis Morris, denied that the mayor conspired to have MacIntyre attacked in prison, calling the claim "irresponsible and spurious." TORSTAR NEWS SERVICE

Toronto Mayor Rob Ford speaks from the council floor at city hall in Toronto on Thursday. CHRIS YOUNG/THE CANADIAN PRESS

TED Talks. Chris Hadfield, Bill Gates launch Vancouver event into stratosphere

Where is the one place you can find astronaut Chris Hadfield, billionaire Bill Gates and music legend Sting together?

In Vancouver.

TED 2014 released the lineup for its 30th anniversary conference — to be held in Vancouver from March 17 to 21 — on Thursday and the star-studded speaking series didn't fail to disappoint. In total, 51 speakers will present at 12 themed sessions throughout the conference, the first since TED relocated its headquarters to Vancouver last year.

The hugely popular (and sometimes derided by critics) TED conferences feature scientists, artists and experts in certain fields sharing "ideas worth spreading" in short on-stage presentations and performances in front an invite-only audience. The presentations are then made public online. A full list of speakers is available at www.ted.com.

MATT KIELTYKA/METRO

Sting will be among the speakers at the TED Conference in Vancouver in March. JASON MERRITT/GETTY IMAGES FOR LACMA

Taxi Confessions. Bedroom Behaviours

Play Taxi Media, the national network of in-taxi touchscreens, surveyed more than 8,000 men and women in December 2013 and January 2014 on their current and past relationships.

Warning! The results of this survey may shock and surprise you! Reader discretion is advised!

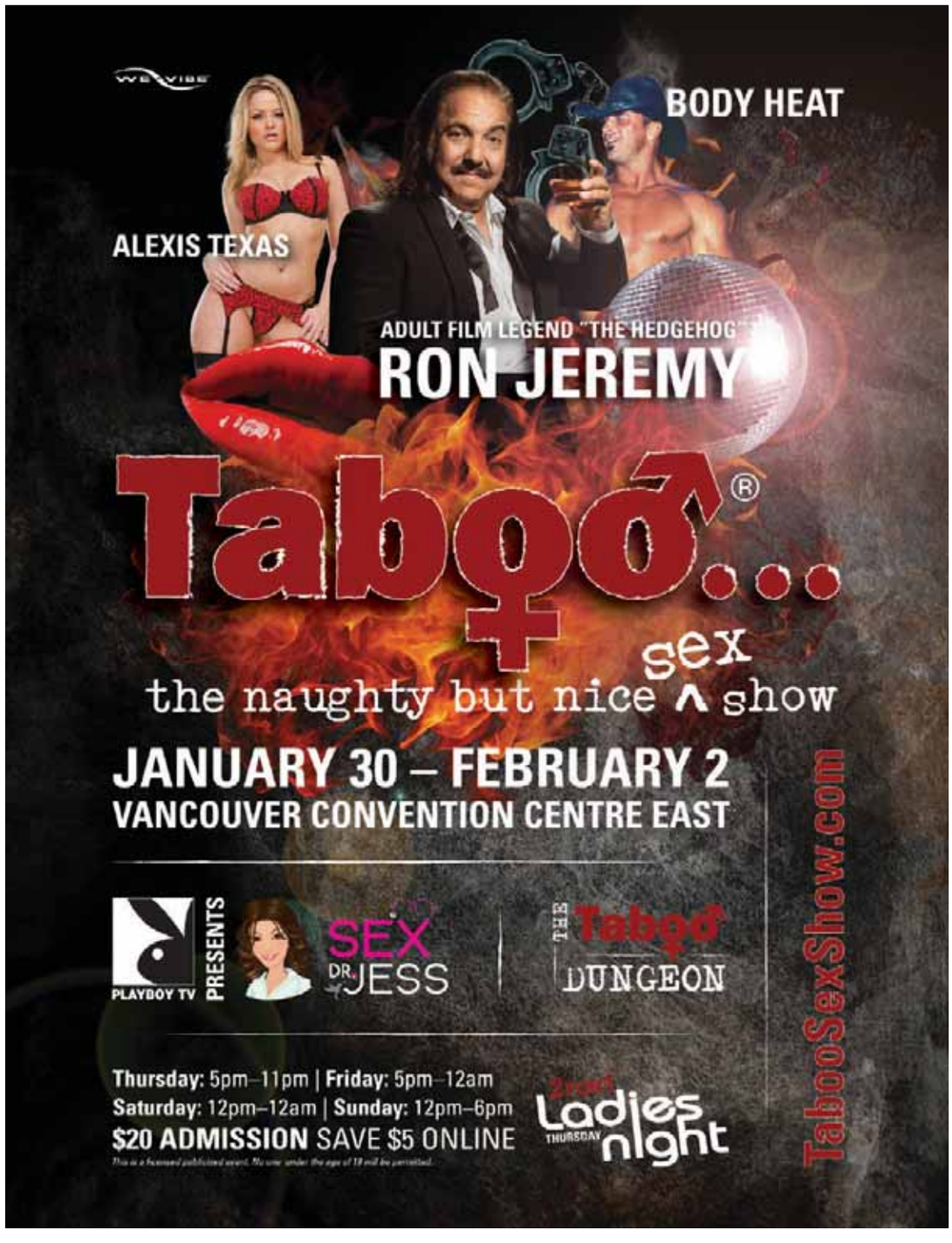
Have you ever cheated on your partner? Exactly 41 per cent of men and women have cheated on their partner at one point in their current or past relationships.

Have you ever had unprotected sex with someone who was not your partner? 37 per cent of men and 39 per cent of women have never had unprotected sex with someone other than their partner, however 29 per cent of men and 27 per cent of women have admitted doing so on more than five occasions.

Does your partner (current or past) possess images, videos or voicemails or "intimate moments"? 46 per cent of men and 50 per cent of women admit being in possession of some form of recorded intimacy.

How comfortable are you with your partner? More than 75 per cent of men and women admit that "everything goes" when discussing their comfort levels in the bedroom, however more men admitted being timid (21 per cent) in the bedroom than women (16 per cent). Be sure to check back on Feb. 28 for part 3 of Play Taxi Media's Taxi Confessions!

PLAYTAXI



Vancouver plans for more engagement, less loneliness

City task force report. The 2012 survey found people were suffering from a growing sense of social isolation

After months of plotting, the city has devised a proposal for Vancouverites to get engaged.

No, the government isn't trying to get residents to put a ring on it. Rather, it aims to boost voter turnout, improve community consultation and decrease indifference through actions such as promoting early voter registration, educating immigrants about 3-1-1 and hosting winter potlucks.

The recommendations, released Thursday in the Engaged City Task Force's final report, are an effort to combat the growing sense of social isolation and civic malaise documented in a depressing 2012 Vancouver Foundation survey.

Study

"We vote less, give less, volunteer less and join less."

The Engaged City Task Force's final report, according to the survey of more than 3,800 adults from 80 ethnic groups in Metro Vancouver.

"We vote less, give less, volunteer less and join less," according to the survey of more than 3,800 adults from 80 ethnic groups in Metro Vancouver.

It also confirmed the city is a hard place to make friends and people don't trust local governments to listen to them, resulting in indifference and a corrosion of communities.

The recommendations come as the Vision Vancouver-led council faces increasing backlash from neighbourhoods over development plans — towers, bike lanes and supportive housing have inspired the most rage lately.

In turn, city employees are frustrated that people don't take advantage of engagement opportunities until it's too late, according to the report.

"I've heard the concerns people have raised over how City Hall engages with residents. There's no question we can do better," Mayor Gregor Robertson said in a statement.

That's why the city instituted a Citizens' Assembly for the Grandview Woodland neighbourhood planning process, he said.

The report comes as Renfrew Collingwood resident David Beattie, 54, is developing a simpler way to engage folks. Beattie is planning a "Just Say Hello" advertising campaign with stickers, buttons and signs indicating a willingness to chat with people at coffee shops.

A lone pedestrian walks past Dennis Oppenheim's Engagement sculpture at Sunset Beach on Thursday. The city is trying to figure out how Vancouverites can become less socially isolated and more engaged. JENNIFER GAUTHIER/METRO

He too was inspired by the 2012 survey, and has since been brainstorming ways to get people off their smartphones and into conversations.

"It's non-religious, non-political and non-profit with no intention other than facilitating people being from not being socially isolated," he said.

City council will debate and vote on the report in mid-March.

Bong shop sign should not deter police: Court

A sign posted on the door of a Vancouver-area bong shop ordering police to keep out didn't prevent undercover officers from targeting the store in a sting operation, says British Columbia's Appeal Court.

Timothy Felger, who owned a store named DaKine in Abbotsford and employee Natasha Healy, were charged in 2009 after undercover officers visited several times and bought marijuana, later returning with a search warrant.

Felger and Healy argued a sign on the door that said, in part, "No Police Officers Allowed" should have prevented undercover officers from wandering in and purchasing pot.

The trial judge agreed and acquitted the pair in 2012, concluding the sign meant the officers should have obtained a warrant before entering.

But B.C.'s Appeal Court overturned that decision this week and ordered a new trial.

"An objectively reasonable expectation of privacy in a retail store could not be achieved simply by posting a sign excluding law enforcement officers," wrote Justice Nicole Garson.

"There is an element of artifice in the respondents' claim to privacy in a place in which they were publicly and brazenly selling marijuana, conduct that is currently unlawful."

THE CANADIAN PRESS

Priors

In 2009, police received a complaint that the store was selling marijuana to minors, prompting several investigators to target the store. They bought varying quantities of marijuana on five separate occasions.

- A search warrant was executed in May 2009, and Felger and Healy were each subsequently charged with three counts of marijuana trafficking.

Court dismisses First Nations fisheries appeal

The federal government has lost its bid to overturn a British Columbia court decision that recognized First Nations' rights to a commercial fishery.

The Supreme Court of Canada dismissed Ottawa's application on Thursday for leave to appeal the lower court decisions, bringing an end to a long legal fight with five of the Nuu-chah-nulth nations of Vancouver Island.

"The decision is an overwhelming victory for the Nuu-chah-nulth Nation, who have spent more than a decade fighting the case," said Deb Foxcroft, President of the tribal council.

"The Nuu-cha-nulth people have always been involved in commercial fishery but they've been pushed out of this fishery because of the government's policies and regulations."

Quoted

"It's been an 11-year court battle and we're feeling elated that the highest court in the land has upheld and affirmed our rights."

Shawn Atleo, the national chief of the Assembly of First Nations

The five bands — the Ahousaht, Ehattesaht/Chinekint, Hesquiaht, Mowachaht/Muchalaht, and Tla-o-quiaht — said fisheries formed the backbone of their trading economy long before the arrival of Europeans.

They argued, successfully, that translates into a right to conduct a modern commercial fishery for fish and shellfish, and not just a subsistence food fishery.

Foxcroft said the Nuu-chah-nulth have attempted negotiations since the original court decision, to no avail.

"We call upon Canada to seize this opportunity to implement our Nuu-chah-nulth fishing rights," she said.

EMILY JACKSON/METRO

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Bell Let's Talk

Seahawks soaring north of the border

The new provincial bird? Super Bowl has local fans in a frenzy

SINDHU DHARMARAJAH
vancouver@metronews.ca

Like running back Marshawn Lynch, Seahawks fan-demonium has entered beast mode.

With the Seahawks qualifying for their second Super Bowl in less than a decade, the anticipation and hype has flocked north of the border.

"It's definitely something that has built over the years and has reached a feverish pitch here in Vancouver," said longtime Seahawks super fan Steve McIvor.

The 35-year-old will be taking the 2.5-hour journey to Seattle, while wearing his lucky Seahawks socks, to watch the team take on the Broncos in the 48th Super Bowl on Sunday.

The only downside is that the game will be held at MetLife Stadium in New Jersey.

It's no secret that the Seahawks have one of the best and loudest — reaching a record-breaking 137.6 decibels last month — fans in the league. The fan base is so large that it soared north of the border.

Canadian fans have coined a term for themselves: 12 North.

Super fan Nathan Jamieson shows off his Seahawks merchandise in preparation for the 48th Super Bowl on Sunday. JENNIFER GAUTHIER/METRO

"The borders don't really come into play with the fandom," said McIvor. "It's just as prevalent up here, and you're accepted the same down there as long you're a fan."

Fan Richard Davies from Vancouver is so passionate about his team that he's traversing the continent to watch the Super Bowl in New Jersey.

"I can't sleep; I'm too excited," said Davies. "I'm actually going on my own. I don't know anybody there yet, but I'm hoping to make new friends"

Migration

"The borders don't really come into play with the fandom. It's just as prevalent up here, and you're accepted the same down there."
Vancouver-based super fan Steve McIvor

But with the game thousands of kilometres away, and limited tickets selling at high prices, some fans are considering extreme measures to get there.

"I would eat a barrel full of slugs for Super Bowl tickets," said Mike Nomellini, a 20-year-old SFU student. "I can't afford tickets on a student budget."

Other fans would rather watch from the sidelines.

"I've spent thousands and thousands of dollars following them," said 33-year-old Seahawks season-ticket holder Nathan Jamieson of Vancouver.

However, he said he'd prefer to watch the game locally with friends.

Last-minute madness

You can still make it...

If you got a sudden rush of Seahawks blood to the head and have a few thousand dollars to spend, it's not too late to score Super Bowl tickets.

PrimeSport, the official Super Bowl travel partner of the Seattle Seahawks, is still selling travel packages to the game.

Starting from $3,995 US, you can drive down to Seattle on Sunday morning, hop on a plane, be driven to MetLife Stadium, watch the Seahawks battle for NFL supremacy against the Broncos and be back on the West Coast by midnight.

PrimeSport president Sam Soni said there were less than 50 same-day packages remaining as of Thursday afternoon.

The company has sold 105 all-inclusive travel packages and hundreds more standalone ticket and tailgate-party passes for fans that have booked travel themselves.

MATT KIELTYKA/METRO

Where to watch the Super Bowl

KATE WEBB/METRO

The Pint

455 Abbott St., Vancouver

This is set to be one of the hottest parties in town, thanks to its 90 screens, drink specials and seating for 500. Expect plenty of NFL swag giveaways. Heck, go for the $10 Sunday brunch!

Shark Club

180 W Georgia St., Vancouver

Don't expect to get a seat past noon — there will be butts in all 400. The big draw is the 50 screens, but they will also be giving away plenty of NFL merch and electronics.

Starlight Sports Bar

350 Gifford St., New Westminster

B.C.'s largest sports bar has 120 screens and the largest single screen around. Festivities include a special tailgate menu of chili-dogs and veggie platters, plus $4.50 pints. There will also be an NFL square board with cash prizes and NFL merch giveaways.

G Sports Bar & Grill

1208 Granville St., Vancouver

G is converting its tapas lounge into bar space, doubling the seating to 260. $5 gets you in the door and your first pint, plus a draw ticket. There will be trivia every hour with NFL prizes.

Score on Davie

1262 Davie St., Vancouver

This go-to for loud and proud sports fans offers 4/$18 Bud bucket specials. Play the NFL square board to win prizes.

Blarney Stone

216 Carrall St., Vancouver

If you've got a little Irish in you and a hankering for chili-dogs, go check out their tailgate menu. Irish pints will be on special for $5 and there will even be an afternoon whiskey-tasting session.

'Nucks bucked. Seattle Seahawks merchandise being ripped off shelves

The demand for Seahawks merchandise is so hot right now that when the manager of Granville Sports Corner goes into work in the morning, he is swamped with overnight phone messages from pleading customers.

"It's selling like crazy; we can't keep it in stock," Mike Jackson said. "I had three shipments fly in yesterday and that stuff is almost all gone."

Seahawks merchandise has been outselling Canucks goods in Vancouver for the past few months, Jackson said.

Engineer Nathan Jamieson of Vancouver has collected four Seahawks jerseys — as well as toques and sweats — over the years and is glad he is not competing with other fans for jerseys.

Local pride

"It's the perfect storm right now for Seahawks fans. Seattle is the home team for most Vancouver people."
Football fan Nathan Jamieson

"It's the perfect storm right now for Seahawks fans," he said. "Seattle is the home team for most Vancouver people."

SINDHU DHARMARAJAH/FOR METRO

Local bars going all-out for manic, thirsty fans

Regardless of the results of Sunday's Super Bowl game, the biggest winners may be Vancouver pubs and bars.

Kingston Taphouse and Grille on Richards Street has adorned the bar with Seahawks merchandise hanging from the ceilings and walls. It even planted a 12th-man flag atop the building.

Manager Meagan King says she's starting to see the Seahawks pandemonium really take flight.

"I think it's going to have an Olympic feel or a Canucks finals feel," she said. "Even though it's not a local team, people treat it like one."

The Charles Bar general manager Chris Hannan, right, and bartender Sidney Eaden are expecting a full house on Sunday. JENNIFER GAUTHIER/METRO

After hosting the last playoff game between the Seahawks and the 49ers, The Charles Bar general manager Chris Hannan already has an idea of what Sunday will look like.

"We were full basically right after we opened the doors; it was our busiest Sunday so far to date," he said.

It's reminiscent of the 2011 Canucks playoff run, said Hannan; people get really excited to watch games on the nine-foot TV. On Sunday, the Charles Bar will celebrate by giving away jerseys after every quarter.

"It's pretty ruckus down here," said Hannan. "It gives you the feel of being at the stadium without actually going down there and spending all the money for it."

SINDHU DHARMARAJAH/FOR METRO

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Rest of Week 5.99

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EVERYDAY MARKET
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RUFFLES (235g) or **CHEETOS** (285g - 310g) CHIPS
Selected Types
or 2.50 each. Limit 4
Rest of Week 2/$5

CARNATION COFFEE-MATE WHITENER (450g) or **MAXWELL HOUSE** INSTANT COFFEE (150g - 200g) Selected Types
Limit 4. After limit 3.99
Rest of Week 3.99

COCA-COLA or **PEPSI**
BEVERAGES 6 x 710mL Selected Types + Deposit & Enviro Levy where applicable or 3.49 each. Limit 4
Rest of Week 3.49

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Handed over 28 years for murder, Knox set for yet another appeal

Italian court upholds guilty verdict. At her mom's Seattle home, American defendant calls ruling 'unjust.'

An appeals court in Florence on Thursday upheld the guilty verdict against U.S. student Amanda Knox and her ex-boyfriend for the 2007 murder of her British roommate. Knox was sentenced to 28 and a half years in prison, raising the spectre of a long legal battle over her extradition if the conviction is confirmed.

Lawyers for Knox and her co-defendant, Raphael Sollecito, vowed to appeal to Italy's highest court, a process that will take at least another year and drag out a legal saga that has divided court watchers in three nations.

In a statement from Seattle, where she had awaited the verdict at her mother's home, Knox said she was "frightened and saddened" by the decision. She said it was "unjust" and the result of an overzealous prosecution and narrow-minded investigation that worked to "pervert the court of justice."

"Having been found innocent before, I expected better from the Italian justice system," she said.

After nearly 12 hours of deliberations, the court reinstated the guilty verdicts first handed down against Knox and Sollecito in 2009 for the death of Meredith Kercher. Those verdicts had been overturned in 2011 and the pair freed from prison, but Italy's supreme court vacated that decision and sent the case back for a third trial in Florence.

Kercher, 21, was found dead Nov. 2, 2007 in a pool of blood in the bedroom of the apartment she and Knox shared in the central Italian city of Perugia, where both were studying. Her throat had been slashed and she was sexually assaulted.

Knox and Sollecito, who had started dating a few days earlier, maintained they were at Sollecito's apartment the night of the murder.

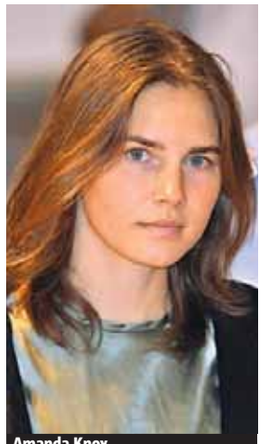
THE ASSOCIATED PRESS

A woman believed to be Amanda Knox is hidden under a jacket while being escorted from Knox's mother's home in Seattle on Thursday. Knox said she is frightened and saddened by the 28-year sentence. THE ASSOCIATED PRESS

Dismayed

"She was petrified. Silent."

Carlo Dalla Vedova, Amanda Knox's Italian lawyer, explaining his client's reaction over the phone when he told her of the sentence set by a Florence appeal court.



Amanda Knox

OLI SCARFF/GETTY IMAGES FILE

Ukraine's president takes sick leave

Protesters practise battle moves at Kyiv's Independence Square on Thursday. Ukraine's president, Viktor Yanukovych, announced he's taking a sick leave as the political crisis shows no signs of resolution. EMILIO MORENATTI/THE ASSOCIATED PRESS

In the midst of Ukraine's unending political crisis, its embattled president went on sick leave Thursday, leashing a tidal wave of conspiracy theories since protesters have been demanding his ouster for months.

Was the 63-year-old Viktor Yanukovych really sick? Or was he feigning illness in preparation for something else, like dodging responsibility for a violent police crackdown on the protesters? Maybe he was ready to give in and hand over power to the opposition but hardliners in his government wouldn't let him?

No one but the president himself knew the answers.

Yanukovych has an acute respiratory illness and a high fever, according to his presidential website. There was no indication of how long he might be on leave or how much work he is able to do during that time.

Vitali Klitschko, leader of the opposition party Udar, suggested that Yanukovych could be pretending to take himself out of action in preparation for imposing a state of emergency. That has been a persistent worry of the opposition since protesters clashed violently with police two weeks ago; three demonstrators were killed in those clashes.

Yanukovych has faced two months of large protests that have sometimes paralyzed the centre of Kyiv, the capital. The protests started after he backed out of a long-awaited agreement to deepen ties with the European Union, but quickly came to encompass a wide array of discontent over corruption.

THE ASSOCIATED PRESS

Hard to handle

Ukraine's protesters won't budge despite a series of concessions, including:

- **Softer anti-protest laws.** Parliament voted Tuesday to repeal harsh anti-protest laws.
- **Prime minister's resignation.** Yanukovych accepted it, but protesters want him out and new elections to be held.

L'Isle-Verte. 'Touched' Pope sends blessing as comfort

Pope Francis offered his spiritual support Thursday to a Quebec community devastated by a fire at a seniors' home that has left 19 people confirmed dead.

Thirteen people were still missing following the early morning blaze at Résidence du Havre in L'Isle-Verte on Jan. 23.

The Pope's sympathies follow those of the Queen, who offered her condolences in a message released a day after the fire.

Vatican Secretary of State Archbishop Pietro Parolin wrote that Pope Francis was immediately touched by the tragedy upon learning of it.

The Pope "united himself in prayer in the grief of the bereaved families and entrusted the victims to the mercy of God, that they might be accepted into his light," the archbishop said.

Pope Francis imparted a special apostolic blessing "to all those affected by this tragedy" as a "sign of comfort," he added.

The residence had 52 units and many of its occupants had limited mobility, needing wheelchairs or walkers to get around. THE CANADIAN PRESS

News of the World

Actor Daniel Craig's phone hacked 'routinely'

A former tabloid reporter who admits snooping on voice mails said Thursday he "routinely" hacked the phone of actor Daniel Craig.

Dan Evans has pleaded guilty to phone hacking while at the News of the World and the Sunday Mirror. He is a prosecution witness at the trial in London of former News of the World editors.

"I was routinely hacking Daniel Craig's phone from my Sunday Mirror days," Evans told the jury.

Evans said he obtained a story about supermodel Kate Moss from the James Bond actor's voice mail messages.

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Health Canada. Morning-after pill to be studied due to questions over efficacy

Health Canada says it is studying the effectiveness of the so-called "morning after" contraceptive pills in the wake of news they aren't as effective in larger women.

The federal drug regulator says it is assessing new data that suggests a higher body weight could reduce the effectiveness of emergency contraceptives.

Health Canada says it is also looking at whether labelling changes are needed for all brands of the pills to reflect the problem.

The department's statement comes two months after French manufacturer HRA Pharma announced its emergency contraception pill doesn't work in women who weigh more than 176 pounds.

There are four brands of morning-after pills available without prescription in Canada: Next Choice, from Cobalt Pharmaceuticals; HRA Pharma's NorLevo; Option 2, from Perrigo International and Plan B from Women's Health Inc.

Health Canada says if it decides action needs to be taken, it will work with manufacturers to update labels and inform consumers.

The pills contain higher levels of levonorgestrel than standard oral contraceptives and work by preventing ovulation or fertilization of an egg. They can be taken up to 72 hours after unprotected sex or a contraceptive accident such as a condom breaking.

The pills do not have any impact if a woman has already become pregnant.

Health Canada says it is aware of a recent statement from the European Medicine's Agency alerting consumers to the fact that NorLevo's labelling had been altered to make reference to the observation that weight affects the efficacy of the medication.

The added wording says the pill's efficacy is reduced in women weighing 75 kilograms (165 pounds) or more, and the pill doesn't work for women who weigh more than 80 kilograms (175 pounds).

THE CANADIAN PRESS

HRA Pharma announced its emergency contraception pill doesn't work for women over 176 pounds. Health Canada is looking into potential label changes for morning-after pills. REMY DE LA MAUVINIERE/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Calgary. 3 teens charged with breaking into car, dumping human ashes

A car prowling that ended in human ashes being dumped onto the street has led to the arrest of three teenage girls.

Colleen Ransom kept her daughter Emma's ashes in a pouch in her truck. But in the early hours of Aug. 2, someone opened the unlocked vehicle in Calgary, stole the pouch and emptied it onto the street.

Ransom says she's relieved that charges have been laid.

"I feel horrible for the parents as I've raised four daughters and I know it's a difficult job," Ransom said in an email to Calgary police Thursday.

"I just hope it will make the girls think a little bit about personal space and belongings and how (their) actions may affect someone else."

A 15-year-old and a 13-year-old are charged with theft, while another 15-year-old has been charged with theft and property damage. Tips from the public led police to lay the charges.

Emma Ransom, 19, was killed along with two other women in 2009 when the car they were in lost control and slammed into an oncoming car.

THE CANADIAN PRESS

Ford: I'm no fan, but Bieber's not that bad

Toronto Mayor Rob Ford is questioned by reporters at city hall in Toronto on Thursday. CHRIS YOUNG/THE CANADIAN PRESS

'He's a young guy.' Despite a preference for Rush, Zeppelin, Toronto mayor sticks up for pop star recently charged with assault in his city

Toronto Mayor Rob Ford is sticking up for another headline-grabbing Canadian — Justin Bieber.

Ford was asked about the pop singer when he spoke by phone today to the Washington, D.C.-based Sports Junkies radio show.

Ford said Bieber is only 19 and asked the radio personalities, who called Bieber "Canada's worst export," to think back to when they were that age. On Wednesday, Bieber was charged in Toronto with assault.

Ford's comment on Bieber was: "He's a young guy, 19 years old. I wish I was as successful as he was."

Ford says he's never met Bieber and is not a fan of his music, preferring Rush and Led Zeppelin.

Ford was also asked by the radio hosts about a lawsuit filed against him from his sister's ex-boyfriend, who alleged the mayor conspired to have him attacked in jail to prevent Ford's illicit behaviours from becoming publicly known.

The mayor said he would not discuss the matter since it is before the courts, but his lawyer said Wednesday the allegations are "without fact or foundation."

THE CANADIAN PRESS

Bieber's toxicology report

A toxicology report released Thursday shows that Justin Bieber tested positive for marijuana and Xanax after his arrest on DUI charges in Florida last week.

- The report also shows no presence of other illicit drugs in Bieber's system.
- A previous report found that breath tests placed Bieber's blood-alcohol content below the .02 level considered intoxicated for under-21 drivers.

Syrian toddler rescued from rubble of building

Fourteen-month-old Ghina Khalil is recovering with her family in the northern Syrian city of Aleppo after being buried in rubble.

The stunning rescue, caught on video, corresponds to Associated Press reporting of events.

The footage shows a group of men frantically digging in the dusty rubble of her home after an alleged airstrike on Jan. 22.

Amid cries of "God is greatest," the toddler's curly-haired head can be seen emerging from the dust, as the men scoop away handfuls of crumbled concrete with their bare hands. With her arms freed, the girl reaches up to wipe her eyes in a sign of life.

According to the activist who filmed the video, uploaded to the Internet by the Nur Media Center, the girl was completely buried for at least three minutes and her mother was killed in the attack. A video taken later showed Khalil in new clothes, with no visible injuries.

The Syrian government has been accused of using airstrikes and rocket attacks indiscriminately against residential areas.

THE ASSOCIATED PRESS

In this image taken from a Jan. 22 video, men dig 14-month-old Ghina Khalil out of rubble in Aleppo, Syria. The toddler was pulled out after men pulled aside rocks, concrete and dust to free her from under a smashed building bombed by government forces. NUR MEDIA CENTER/THE ASSOCIATED PRESS

Russia

Arctic military buildup not a threat to Canada, Putin envoy says

Vladimir Putin's senior Arctic envoy has defended Russia's military buildup in the north, saying it is not directed at Canada or any of its allies.

Anton Vasiliev, Russia's ambassador at large for the Arctic, said Russia is solely concerned with defending its own vast northern regions, which are becoming more vulnerable due to climate change.

"Now the climate is getting milder, the ice is retreating and we simply need to protect our borders from illegal trafficking, illegal border crossing, mass crime, terrorism, narco-trafficking — all these bad things that come through this porous border," Vasiliev said Thursday in an interview. THE CANADIAN PRESS

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Star sparks debate on Israeli settlements

Oxfam tiff. Scarlett Johansson opts to stick with Tel-Aviv-based company SodaStream

Scarlett Johansson has parted ways with the international charity Oxfam because of a dispute over her work for SodaStream, a company operating in a West Bank settlement.

Johansson became the latest casualty of a widening campaign to boycott the settlements, drawing attention to a larger debate about whether Israel will become an international pariah, at a steep economic price, if it fails to reach a peace deal with the Palestinians. Israeli Finance Minister Yair Lapid stoked such fears this week, warning that if negotiations break down "and we enter a reality of a European boycott, even a very partial one, Israel's economy will retreat backward and every Israeli citizen will feel it straight in the pocket."

His comments reflected a growing sense in Israel that the coming weeks will be decisive for the country's future.

THE ASSOCIATED PRESS

Under pressure

"I remain a supporter of economic cooperation and social interaction between a democratic Israel and Palestine."

Scarlett Johansson, responding, in a public statement released Friday, Jan. 24.

Hibernation during big chill freezes bottom line

Barbers Tarris Horton, left, and England Wesley play a video game, with one-year-old Kannon Wesley watching at right, while they wait for customers at Hair on the Floor Barbershop in Covington, Ky. Wesley says business at the barbershop, which depends heavily on walk-in clientele, has been down about 90 per cent in the past several weeks. The January deep freeze wrought by the polar vortex in the U.S. Midwest, a big snowfall in the Northeast and abnormal cold and snow in the Deep South has moved many to hibernate — hitting hair salons and other businesses that rely on walk-ins and appointments, including restaurants and health-care specialists.

THE ASSOCIATED PRESS

Trimming fat

Best Buy Canada cuts 950 workers

Best Buy Canada is laying off about 950 full-time employees as the company reworks its operations to reduce layers of management and combines some of its sales departments.

The electronics retailer said Thursday that the job cuts will affect both its Best Buy and Future Shop stores across Canada.

THE CANADIAN PRESS

Market Minute

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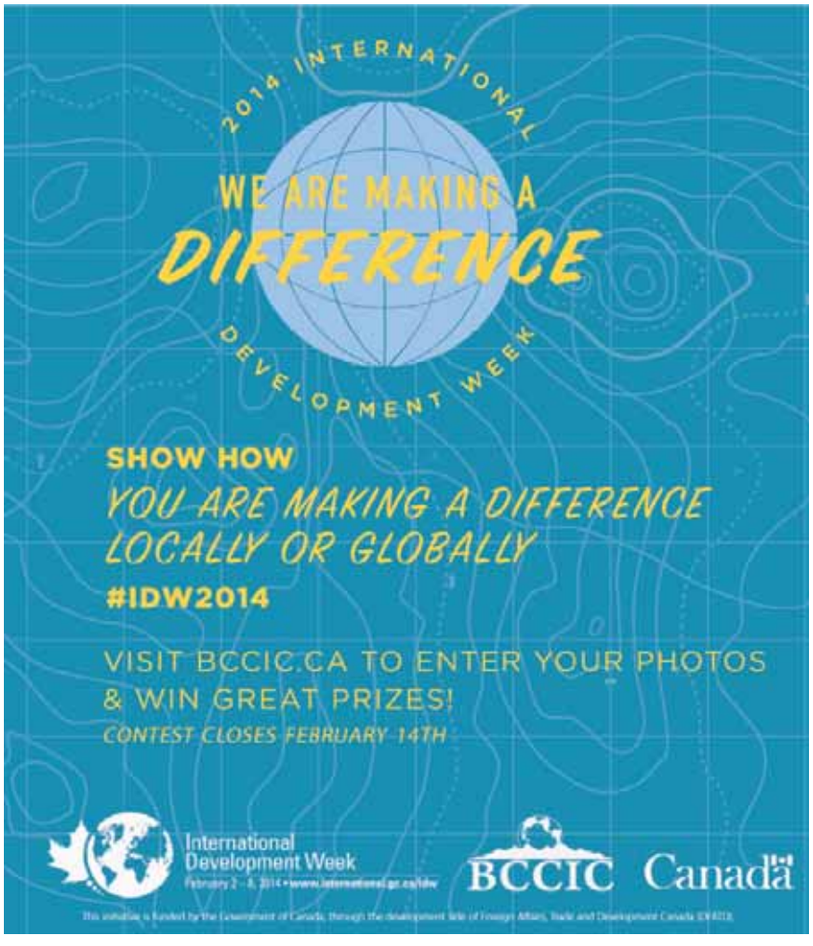
Dow Jones: 15,848.61 (+109.82)



Anatomy of a Dine Out™ Event

Six Course Discourse

Vancouver, BC

Since it first started with 57 restaurants in 2003, Tourism Vancouver's Dine Out™ Vancouver Festival has grown into a city-wide ode to Vancouver – not just its eateries, but also its neighbourhoods, landmarks and local chefs. In fact, the festival's food-focused events have become just as popular as three-course meals, and every year local food personalities, chefs and restaurateurs up the ante by producing ever-more inventive experiences with a creativity that's positively mind-blowing. So what exactly does it take to fashion a Dine Out™ event? We sat down with Mijune Pak, local culinary expert and mastermind behind popular blog Follow Me Foodie, to get the dirty details on how she planned, executed and emceed one of Dine Out's™ most well received experiences.

How did you become involved with Six Course Discourse?

Lucas Pavan, the festival's coordinator, approached me with the idea and I was really excited. Right away, I knew which speakers I wanted – but I was also nervous, because I didn't know what they would say.

How did you decide on the final list of speakers?

I focused on people who I know are passionate about food, the culinary godfathers who have helped to shape Vancouver's cuisine. I wanted to get them all in the same room and unleash that energy and passion.

What was the initial reaction when you started reaching out to chefs?

I'm overwhelmed by how many people wanted to take part. Weeks before the festival, the event was already being tweeted and re-tweeted, and I got floods of emails from bakeries, coffee roasters, restaurants... The quality of speakers who wanted to be involved says a lot about Dine Out™ and Tourism Vancouver.

Were the chefs given a speaking topic?

I gave the speakers a general itinerary but they chose their own topics. It was so important for them to be excited and have a strong stance. I wanted each chef's two-minute speech to be raw, and even controversial. The point was to start a discussion and get people talking about food.

Did you learn anything new or surprising about Vancouver's culinary scene while coordinating Six Course Discourse?

I was surprised by how seamlessly everything came together. The Wine Institute of British Columbia was particularly supportive in sponsoring the event and gifting a wine glass to everyone who attended. But the community support really blew me away: the restaurants, chefs and wineries all seemed to know each other, and if I mentioned someone who was taking part so many of them would say, "I'll walk on water for this person" or "Whatever the chef needs, I'll do it."

After all that planning, how do you think it went?

I almost have to pinch myself. Did that really happen? My goal was to provide the highest quality event, because I wanted the attendees to have a good time and I also have so much respect for the chef speakers, restaurants and wineries that took part. I may have planned the event, but everyone who participated brought it to life – and the feedback has been nothing but positive. Next year's Six Course Discourse will be hard to top, but I'm already excited for the challenge!

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THE HAT THAT LAUNCHED 76K RETWEETS

THE METRO LIST

Neil Morton
metronews.ca

Here's some of the great stuff that's been trending on social media — not including #JustinPleaseComeToTurkeyOnHolidays and Justin turning himself in to Toronto police. Sorry, I need a break from the Biebs — or sabbatical.

1 **Bell Let's Talk.** The hashtag #bellletstalk lit up to the tune of three million tweets for the Fourth Annual Bell Let's Talk Day Tuesday, where Canadians break the silence around mental illness. More than $5 million was raised to support mental-health initiatives across the country. Even Rogers tweeted out to use the hashtag. Beautiful day showcasing power of Twitter to effect change.

2 **Arby's.** What people loved the most about the Grammys was Pharrell's Hat — it resembled Smokey Bear and Arby's restaurant logo. Hats off to Arby's who won the day with the tweet: "Hey @Pharrell, can we have our hat back?" It garnered more than 76,000 retweets. Pharrell responded: "Y'all tryna start a roast beef?" Another coup for brands using humour.

3 **Titanic recreation.** Leonardo DiCaprio crashed Jonah Hill's SNL monologue as Hill mocked his Wolf of Wall Street co-star. Jonah apologized and said to soothe his nerves, could they do that thing "that made me feel safe" on the movie set. That thing was a reenactment of the Titanic "I'm flying" scene.

4 **Terrence Ross.** In a spectacular display, the Toronto Raptor forward — last year's all-star slam dunk champion — put on a game for the ages, scoring 51 points against the LA Clippers and tieing Vince Carter's team record. What makes it more remarkable? Ross entered the game averaging just 9.3 points per game.

5 **Air Canada comedy skit.** Shaun Majumder did a parody of Air Canada's customer service on This Hour Has 22 Minutes, playing "Trevor" an Air Canada rep who outlines ridiculous options for people needing help. The point: Customer service is No. 1. So don't just say it, make it No. 1.

6 **Instagrammy hit.** An Instagram montage summed up style at the Grammys with a picture of Stormtroopers (Daft Punk), Wednesday from The Addams Family (Lorde), a Canadian Mountie (Pharrell's hat) and a wet dog (Beyoncé's hair). Suddenly, I feel just fine being ordinary in plaid and skinny jeans.

7 **Budweiser ad.** A heartwarming Super Bowl ad called Puppy Love starring a Clydesdale that comes to the rescue of a golden retriever puppy had more than five million views on YouTube (#bestbuds) since being released. Goes to show once again that funny and/or sentimental ads that don't push the product down your throat have the most impact.

8 **Poutine.** Watch out for La Poutine Week, which runs Feb. 1 to 7 as more than 100 restaurants across the country will be creating their own version of poutine for $10 or less, and Canadians will get the chance to choose their faves. #lapoutineweek.

9 **Bachelor Wedding.** Catherine Giudici and Sean Lowe tied the knot in front of family, friends and past stars from The Bachelor and The Bachelorette. Lowe's father officiated the ceremony and called it "an epic fairy tale." Slight proof that reality TV works in the real world sometimes.

10 **Flappy Bird.** This frustrating game with rudimentary graphics involving a flapping bird that has to stay airborne while avoiding pipe barriers is inexplicably all the rage right now on the app store. It's utterly addictive and is being hailed as the new Angry Birds. Goes to show again there is no accounting for taste.

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ZOOM

This calls for an opera!

ROBERTUS PUDYANTO/GETTY IMAGES

For the Year of the Horse, of course

Actors perform on stage during The Beauty of China Opera show at Pakuwon Imperial Ballroom in Surabaya, Indonesia, as part of the Chinese New Year celebrations known as the Spring Festival or the Lunar New Year, welcoming the Year of the Horse.

Chinese communities around the world were gearing up for the holiday. Based on the Lunisolar Chinese calendar, the new year is celebrated from the first day of the first month of the lunar year and ends with the Lantern Festival on the 15th day.

GETTY IMAGES/THE CANADIAN PRESS

By the numbers

3.6B

China's Lunar New Year migration is often referred to as the largest movement of people anywhere, with 3.6 billion trips of all lengths by bus, plane and train expected to be made over the 40-day travel rush. While still an annual ritual for millions working far from home, such journeys are being shunned by many of the newly prosperous who are increasingly using the holiday to fly to overseas.

A tree decorated with red lanterns in Beijing. Mainland China will be virtually shut down for the next seven days. FENG LI/GETTY IMAGES

Clickbait

IRENE KUAN
Metro Online

A month has passed since the New Year — are your diet plans still on track? Don't feel ashamed if you've let them slip; it happens to the best of us. Here are some apps to help you maintain your diet goals:

ISTOCK

My Fitness Pal:

Track your weight, food intake and activities with this free app. You can set calorie intake goals, log your meals, and find nutritional info through the food diary. Each time you log in, you'll be reminded of your achievements. The weight loss is tracked on a chart to show your progress or lack of. You can also connect to your "fitness pals," if you need a friend to keep you motivated.

FatSecret (free):

Find out the nutrition information from your favourite foods, brands and even restaurants with this free app. There's a barcode scanner for info from store bought items. A food diary will help you keep track of your diet, along with the exercise log and diet calendar to track calories consumed and burned. It also provides healthy recipes.

My Net Diary ($9.99):

Make tracking your weight and food intake hassle-free with this easy-to-use app. It contains an extensive food database providing nutritional info for your favourite products. One neat feature is, if a food is not in the database, you can use the PhotoFood service to send a photo of the item to My Net Diary and they will enter or update the food for you. The app will also send you a weekly analysis of your progress, including your water intake.

Twitter

Beloved Internet cat

@colonel_meow

passed away at the age of two years, three months. Do you have any special final thoughts for the ultimate furry feline?

@FMNsocial: Enjoy the Rainbow Bridge, dear @colonel_meow Your furry face will be missed!

@k_kosie RIP @k_kosie colonel_meow #neverforget furry paw of dictatorship. #scotch for all in his honour

@rebverb Hopefully he gets the military funeral he so deserves. #RIPColonelMeow

WE WANT TO HEAR FROM YOU:
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Synopsis

Based on Joyce Maynard's novel of the same name, the action in Labor Day begins when a wounded, escaped criminal (Josh Brolin) hides out in the home of two strangers, Adele, a depressed divorcee (Kate Winslet) and her 13-year-old son, Henry (Gattlin Griffith). What begins as a hostage situation slowly changes as the stranger's sensitive side is revealed and he becomes a surrogate father figure for Henry and companion for Adele.

- Richard: ●●●○○
- Steve: ●●●○○

Josh Brolin and Kate Winslet star in Labor Day, which opens this weekend. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

A tale of love and pies

Labor Day. Josh Brolin and Kate Winslet showcase an unexpected spark in this sweet Stockholm Syndrome story

Richard: Mark, it's been said that 90 per cent of the director's job is casting, and on that score Jason Reitman has knocked it out of the park. Labor Day is essentially a three-hander with Winslet, Brolin and Griffith responsible for the emotional weight of the movie. Griffith is convincing as a youngster abruptly placed in the position of son and surrogate spouse, but it is the leads that really carry the movie. Winslet is delicate and effective as the world-weary Adele while Brolin hands in another of his manly man performances, tempered by a hidden sensitive side. I'm curious to hear what you thought.

MB: You bet it's the acting that makes this one work, Richard! There's genuine chemistry between Winslet and Brolin. Brolin is so good I could actually believe his escaped convict could be innocent — no small feat. But the movie, set in 1987, feels like it could have been made in 1987. It's so square compared with Reitman's other work, which I adore. Only someone who's never seen a movie before wouldn't be able to figure out where the story was headed. But you can admire the film's quiet, stately pace, even if the whole thing feels like it's ripped out of a Harlequin romance novel. Don't get me started on the pie scene.

RC: I liked the pie scene. I don't want to give anything away for people who haven't seen the movie, but imagine the scene from Ghost with pastry instead of pottery and you'll get the idea. It's just wonky enough to spice up the story, and I thought Brolin pulled it off. Of all the leading men out there right now he's the only one I can think of to have the old school Lee Marvin grit to still look badass while folding pastry.

MB: Me, I just laughed, until I was shushed by a middle-aged woman in the back row ... I think the movie would have been more interesting if you weren't convinced from the start that Brolin was a good guy and if Winslet's romantic despair weren't quite so acute. Luckily, Griffith provides a good foil for both of them and distracts the viewer from these issues. One thing I really liked about the movie is its shortened time frame: the entire story takes place over one weekend and it sharpens the plot and the tension.

RC: Even though the movie takes place over one long weekend it does take its time to develop the relationship between Adele and the mysterious stranger. Because Reitman takes his time unveiling the relationship, it's a bit more believable than the story might otherwise have been. You're left with the question, "Is it Stockholm Syndrome or true love?"

MB: True need, Richard, and that's close enough for me.

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Comedy

That Awkward Moment

Director. Tom Gormican

Stars. Zac Efron, Michael B. Jordan

That Awkward Moment is aptly titled mainly because this film is full of them. Zac Efron is one of three libertine buddies transitioning from the sex-addled single life to monogamous devotion. The predictable premise presupposes its cleverness but these one-note characters simplify complex relationships to the banal. And the female characters are even more witless. Efron's supposedly astute love interest nonchalantly excuses his admitted assumption she was a prostitute because she keeps condoms. **STEVE GOW**

Comedy/Drama

Three Night Stand

Director. Pat Kiely

Stars. Sam Huntington, Meaghan Rath, Emmanuelle Chriqui

In this black comedy, a couple on a weekend getaway to a remote winter cabin discover the husband's ex-girlfriend is running the place. For a young couple that's already experiencing marital strife, it's the kind of coincidence that could push them over the edge. Three Night Stand features sincere and hilarious performances from all three leads. Kiely's biting dialogue ensures the film skirts the drippy tropes, and ultimately proves to be an earnest account of a troubled marriage. **MANORI RAVINDRAN**

Comedy/Drama

The Great Beauty

Director. Paolo Sorrentino, Umberto Contarello

Stars. Toni Servillo, Carlo Verdone

An aging scenester surveys society in this Oscar-nominated import, which unabashedly evokes the spirit of previous Italian masterpieces with little success. Toni Servillo stars as Jep Gambardella, a journalist who wrote a brilliant novel in his youth and has been coasting ever since; as such, he fits right into a glitzy milieu where everybody is pretending to be more impressive than they actually are. Director Paolo Sorrentino favours striking compositions, but this supposed critique of decadent shallowness is itself gaudy. **ADAM NAYMAN**

Drama

Empire of Dirt

Director. Peter Stebbings

Stars. Cara Gee, Shay Eyre

Cash strapped and dealing with Peeka, an obstinate 13-year-old who's overdosed on paint fumes, single mother Lena returns to the home she was kicked out of as a teenager. The trip sends both mother and daughter reeling as Lena confronts her past while Peeka is introduced to the family she never knew she had. Hamstrung by a script rife with stilted dialogue and clichés, lead actresses Cara Gee and Shay Eyre do their best. But the film's heart, the troubled relationships between Peeka, Lena and her mother, shine through as each one falls only to be picked up by the other two. **IAN GORMELY**

Drama

The Past

Director. Asghar Farhadi

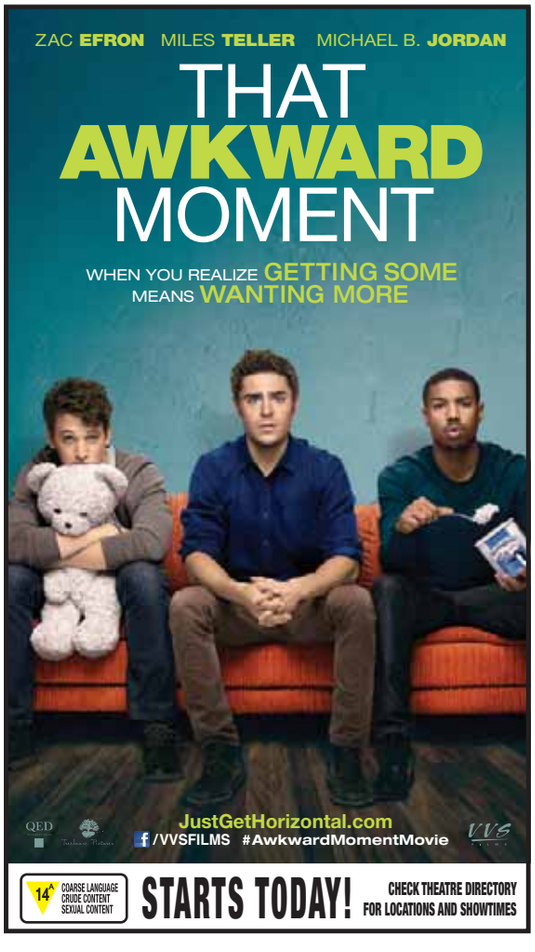
Stars. Bérénice Bejo, Tahar Rahim

Fans of Iranian filmmaker Asghar Farhadi's Oscar-winning A Separation should be equally appeased with The Past, a similar domestic drama that focuses on a family toiling with impending divorce and the matriarch's upcoming marriage to a dry cleaner whose wife lies in a mysterious coma. That plot may sound melodramatic, and at times it surely comes close, but Farhadi masterfully melds complex relationships with a nuanced detail that never lets its escalating turmoil feel fabricated. **STEVE GOW**

Hollywood

Song nom rescinded by Academy

The motion picture academy says it's rescinding the Academy Awards original song nomination for Alone Yet Not Alone from the film of the same name after it discovered composer Bruce Broughton emailed members of the group's music branch to make them aware of his submission during the voting period. Broughton serves as a member of the music branch's executive committee and is a former governor for the academy. Academy President Cheryl Boone Isaacs said Wednesday that using a position within the organization to promote one's own Oscar submission creates the appearance of an unfair advantage. The other nominees are Happy from Despicable Me 2, Let It Go from Frozen, The Moon Song from Her and Ordinary Love from Mandela: Long Walk to Freedom. **THE ASSOCIATED PRESS**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Elizabeth Banks is one sexy Lego

The Lego Movie.
Actress talks about being the voice of a figurine and working with Morgan Freeman

NED EHRBAR
Metro World News in Hollywood

Since Elizabeth Banks voices Wyldstyle, one of the minifigure heroes of The Lego Movie, it makes sense to meet for an interview at L.A.'s Legoland amusement park. But it's still fairly surreal, as surroundings go.

Is this the weirdest junket experience you've ever had?
I'll tell you, this is the most exciting junket I've ever been on because Morgan Freeman's here. He's a genius. Everything he says is gold. I mean, I edit [myself] because I still want to get jobs. Whereas Morgan Freeman's like, "F— it. I'm on the other side. They're going to hire me no matter what." And he's right. They should, because he's a genius.

The running joke about your character's name is everyone assumes she's a DJ or something. So if you were actually a DJ, what would be your DJ name?
Um… I'm definitely not a DJ. I'm actually terrible with all that stuff. But my DJ name would be… like, Solo Claudia Goldenschwartz. "Solo" because I'm a solo DJ, I do it on my own.

Your character, while being a Lego figure, actually has curves.
Well, they're kind of drawn-on curves. Wonder Woman does, too. She's got, like, a sweetheart neckline, too. She's got the impression of it, anyway.

Did the curves strike you as odd?
I didn't notice, actually. But it wouldn't bother me. I'm OK with it. I mean, if someone's like, "She's a really sexy Lego, is that weird?" That's on you, man. Who knows, you might be a boob man. Look, I'm here to blaze a trail, and if that's how I do it, so be it.

Quoted

"Look, I'm here to blaze a trail, and if that's how I do it, so be it."

Elizabeth Banks reacting to comments that her Lego character is voluptuous.

While this is an animated film, did you get to work much with your co-stars?
I was really lucky on this. I recorded probably four sessions with Chris Pratt and then two sessions with Chris and me and Will Arnett. The three of us together, that was a very fun time. It was a lot of wasted time making each other laugh with jokes that are completely inappropriate for a children's movie.

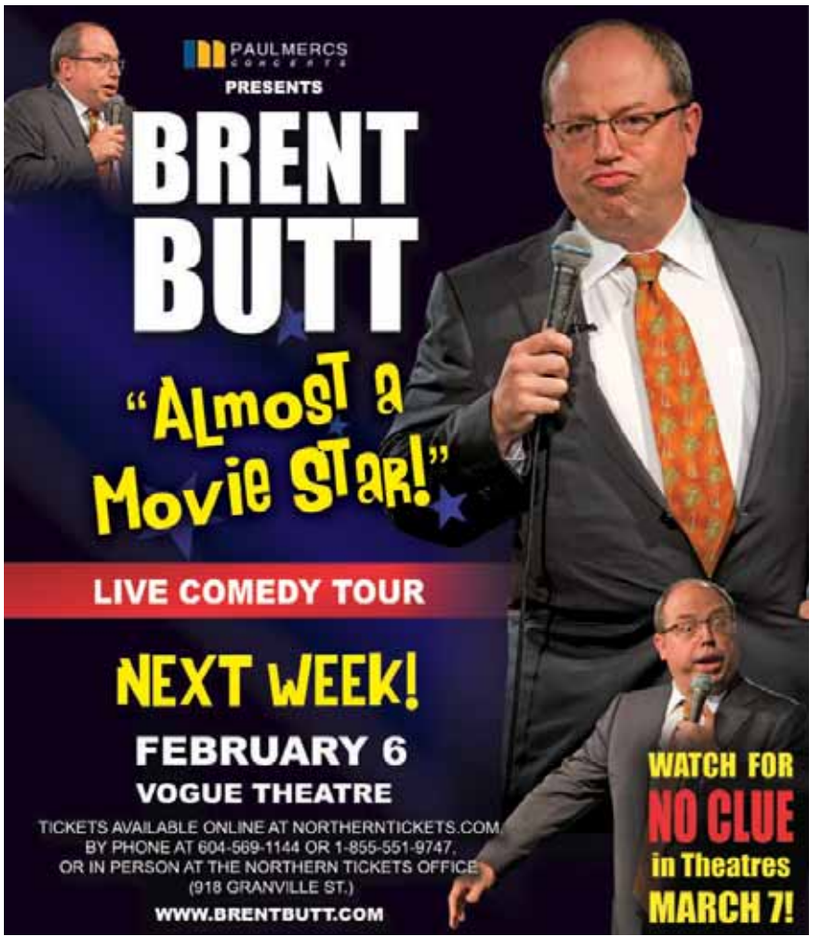
What sorts of jokes are we talking about?
Well, Batman has a real kinky side to him, let's just say that. Look at him. He's in basically an S&M outfit.

What's coming up next for you?
My life right now is all about Pitch Perfect 2. I produced the first movie, I'm producing [and directing] the second movie. It's all about getting that script ready to go into production, bringing the cast back together and getting it ready for a release in 2015.

Were there many obstacles in getting the sequel set up?
[The studio] wants to make it, we just want to make the best version that we can. There's a little pressure. They want to release it and they're picking a date for it, so the pressure is, as always, we want to tell a really fun, funny, inspiring story, and we're just homing in on that.

Elizabeth Banks stars in The Lego Movie. GETTY IMAGES

Banks plays Wyldstyle in The Lego Movie. CONTRIBUTED



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Los Angeles Times
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"RIGHT UP THERE WITH REITMAN'S BEST."
NEW YORK POST
Lou Lumenick
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THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 31 TO THURS., FEB. 06 TIMES ARE SUBJECT TO CHANGE.

OMNIMAX Theatre Science World 1455 Quebec St.

Flight of the Butterflies (STC) Fri-Thu 3
Rescue (STC) Fri-Thu 12-2
To the Arctic (G) Fri-Thu 1

Dunbar Theatre 4555 Dunbar Street

Frozen 3D (G) Fri 3:15-5:30 Sat-Sun 1-3:15-5:30 Mon-Thu 5:30
The Wolf of Wall Street (18A) Fri-Thu 7:15

Fifth Avenue Cinemas 2110 Burrard Street

American Hustle (14A) Fri-Thu 12:40-3:40-6:50-9:50
August: Osage County (14A) Fri-Thu 1:10-4-7-9:45
Her (14A) Fri-Thu 1-4:15-7:10-10
Inside Llewyn Davis (14A) Fri-Thu 1:30-4:30-7:15-9:40
Philomena (PG) Fri-Thu 1:20-3:50-6:40-9:20

Pacific Cinémathèque 1131 Howe Street

Breathless (STC) Thu 7:30
Diamonds of the Night (STC) Fri 6:30 Sun 6:30
The Ferrari Dino Girl (STC) Mon 8:25 Wed 7:50
Golden Sixties: Jan Nemec (STC) Sat-Sun 5:15
Late Night Talks With Mother (STC) Mon 6:30
Martyrs of Love (STC) Sat 6:30
Mother and Son (STC) Sat
No Films Showing Today (STC) Tue
Oratorio for Prague (STC) Mon
Pearls of the Deep (STC) Sat 8:10
A Report on the Party and the Guests (STC) Fri 8
Toyen (STC) Sun 8 Wed 6:30

Park Theatre 3440 Cambie Street

The Great Beauty (14A) Fri 3:20-6:30-9:30 Sat-Sun 12:20-3:20-6:30-9:30 Mon-Thu 3:20-6:30-9:30

Rio on Broadway 1660 E. Broadway

Dallas Buyers Club (14A) Fri 6:45 Sat 5:15 Sun 9 Mon 9:30 Tue 7
Fargo (R) Fri 11:30
Her (14A) Fri 9 Sat 7:45
I Am Divine (STC) Mon 7
No Films Showing Today (STC) Wed-Thu
The Room (STC) Sat 10:30

Scotiabank Theatre Vancouver 900 Burrard St.

Akira (STC) Fri 2 Thu 7:15
American Hustle (14A) Fri-Sat 12:30-3:45-7-10:15 Sun 12:40-3:45-7-10:15 Mon-Tue 12:30-3:45-6:55-10:15 Wed 1:30-3:45-6:55-10:15 Thu 12:40-3:45-6:55-10:15
The Avengers (PG) Sat 6:50
Batman (PG) Sat 9:35 Wed 1
Battlestar Galactica (STC) Sun 12:30
Bill & Ted's Excellent Adventure (STC) Fri 7:15 Mon 5:30 Tue 2
Bolshoi Ballet: Lost Illusions (STC) Sun 12:55
Brazil (STC) Mon 12 Wed 9:50
The Dark Knight (14A) Sat 11:59 Wed 3:35
The Fisher King (STC) Mon 2:45 Tue 4 Wed 7
Flash Gordon (STC) Sun 7:30
Ghost in the Shell (STC) Fri 4:40 Thu 9:50
The Hobbit: The Desolation of Smaug (PG) Fri 2:10 Sat 12 Sun 12:35 Mon-Tue 12 Wed 3:30 Thu 1:10
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Sat 3:20-6:55-10:30 Sun 3:10-6:40-10:10 Mon-Tue 3:30-7-10:30 Wed 7-10:30 Thu 3:30-7-10:30
I, Frankenstein 3D (PG) Fri 1-5:35-8-10:35 Sat 12:35-5:35-8-10:35 Sun 12:50-4:40-7:05-9:40 Mon-Tue 2:30-4:40-7:05-9:40 Wed-Thu 1-4:40-7:05-9:40
Iron Man (PG) Sat 4:15
Jack Ryan: Shadow Recruit (PG) Fri 12:55-4:35-7:10-10 Sat 12:55-3-4:35-7:10-10 Sun 12:30-2:10-4:45-7:25-10 Mon-Tue 12:20-4:55-7:25-10 Wed 1:15-4:55-7:25-10 Thu 12:30-4:55-7:25-10
Lock, Stock and Two Smoking Barrels (18A) Mon 7:30 Thu 2:45
Logan's Run (STC) Sun 10
Lone Survivor (14A) Fri-Sat 12:45-3:35-6:50-9:50 Sun 4-6:50-9:50 Mon-Tue 12:45-3:35-6:50-9:50 Wed 1:10-4-6:50-9:50 Thu 12:45-3:35
The Metropolitan Opera: Falstaff - Encore (STC) Wed 6:30
Monty Python and the Holy Grail (STC) Fri 11:59 Tue 12 Thu 5:15
The Monuments Men (STC) Thu 7-9:55
On Her Majesty's Secret Service (STC) Tue 7
Planet of the Apes (STC) Fri 9:20 Sun 5:10
Ride Along (PG) Fri-Sat 3:30-5:55-8:20-10:50 Sun 2:55-5:20-7:45-10:20 Mon-Tue 12:05-2:50-5:15-7:40-10:10 Wed 2:50-5:15-10:10 Thu 2:50-5:15-7:40-10:10
Snatch (18A) Mon 9:45 Thu 12:30
Spider-Man (PG) Sat 1:45
Superman (STC) Sat 11
That Awkward Moment (14A) Fri-Sat 12:50-3:15-5:40-8:10-10:40 Sun-Tue 12:50-3:15-5:40-8:10-10:30 Wed 7:50 Thu 12:50-3:15-5:40-8:10-10:30 Wed 1:20-3:40-10:30
Thunderball (STC) Tue 9:50
Tron (STC) Sun 3
The Wolf of Wall Street (18A) Fri-Sat 12:40 Sun 12:45-4:35-8:30 Mon-Thu 1:05 Fri 2:35-6:30-10:25 Sat 11-2:40-6:30-10:25 Mon-Thu 2:30-6:30-10:20

Vancity Theatre Vancouver International Film Centre 1181 Seymour Street

Arctic Defenders (STC) Sat 7
Empire of Dirt (STC) Fri 8:30 Sat 5 Sun 6:30 The Hunt (18A) Sun 4
The Last Detail (STC) Tue 7:30
Ms. 45 (STC) Fri 10:30 Sat 9:30
Music for Mandela (STC) Mon 7
The Oscar Nominated Short Films 2014: Live Action (STC) Fri 6:30 Sat 2:30 Sun 2-8:20
Spark FX Festival (STC) Wed-Thu

Esplanade 6 200 West Esplanade

American Hustle (14A) Fri 6:30-9:35 Sat-Sun 12:25-3:25-6:30-9:35 Mon-Thu 6:30-9:35
Frozen 3D (G) Fri 6:45 Sat-Sun 12:40-6:45 Mon-Thu 6:45
Frozen Sing-Along (STC) Fri 9:15 Sat-Sun 3:40-9:15 Mon-Thu 9:15
Her (14A) Fri 6:50-9:45 Sat-Sun 12:50-3:50-6:50-9:45 Mon-Thu 6:50-9:45
The Hobbit: The Desolation of Smaug (PG) Sat-Sun 4
The Hobbit: The Desolation of Smaug 3D (PG) Fri 7:30 Sat-Sun 12:30-7:30 Mon-Thu 7:30
I, Frankenstein (PG) Sat-Sun 3:30
I, Frankenstein 3D (PG) Fri 7-9:30 Sat-Sun 1-7-9:30 Mon-Wed 7-9:30 Thu 7
Jack Ryan: Shadow Recruit (PG) Fri 7:05-9:40 Sat-Sun 12:45-3:45-7:05-9:40 Mon-Thu 7:05-9:40
The LEGO Movie 3D (G) Thu 9:20

Park & Tilford 333 Brooksbank Ave.

August: Osage County (14A) Fri 6:45-9:40 Sat-Sun 12:50-3:50-6:45-9:40 Mon-Thu 6:45-9:40
Labor Day (PG) Fri 6:50-9:50 Sat-Sun 1:30-4:10-6:50-9:50 Mon-Thu 6:50-9:30
Star & Strollers Screening, Thu 1
Lone Survivor (14A) Fri 7:10-9:55 Sat-Sun 1:10-4-7:10-9:55 Mon-Wed 7-9:45 Thu 9:45
The Monuments Men (STC) Thu 7-9:45
The Nut Job (G) Sat-Sun 12:30
The Nut Job 3D (G) Fri 7:15-9:30 Sat-Sun 2:45-4:55-7:15-9:30 Mon-Wed 7:10-9:20 Thu 7:15
That Awkward Moment (14A) Fri 7:30-10 Sat 12:10-2:40-5-7:30-10 Sun 2:40-5-7:30-10 Mon-Thu 7:20-9:50 Star & Strollers Screening Thu 1
The Wolf of Wall Street (18A) Fri 8:15 Sat 12:15-4:15-8:15 Sun 12:30-4:15-8:15 Mon-Thu 8

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12 Years a Slave (14A) Fri-Thu 1:05-4:10-7:10-10:15
American Hustle (14A) Fri-Sun 12:45-3:55-7:05-10:15 Mon-Thu 1-4:05-7:05-10:25
Anchorman 2: The Legend Continues (PG) Fri-Sun 10:05 Mon-Thu 10
August: Osage County (14A) Fri-Sun 1:20-4:20-7:10-10 Mon-Thu 1:25-4:20-7:10-10
Bolshoi Ballet: Lost Illusions (STC) Sun 12:55
Dallas Buyers Club (14A) Fri-Sun 1:30-4:25-7:20-10:20 Mon-Thu 1:30-4:15-7:15-10:20 Devil's Due (14A) Fri-Sun 10:45 Mon-Thu 10:30 Frozen (G) Fri-Sun 12 Mon-Thu 2:25
Frozen 3D (G) Fri-Sun 2:40-5:25-8:05 Mon-Thu 5:10-7:50 Sat 11:15
Frozen Sing-Along (STC) Fri-Thu 1:15-4:05
Gravity: An IMAX 3D Experience (PG) Fri-Sun 12:30-3-5:30-8-10:30 Mon-Thu 1:05-3:25-5:40-8-10:30
Her (14A) Fri-Sun 7-10 Mon-Thu 6:50-9:55
The Hobbit: The Desolation of Smaug (PG) Fri-Sun 12 Mon-Thu 2:30
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Sun 3:25-7-10:25 Mon-Thu 6:10-9:45
The Hunger Games: Catching Fire (PG) Fri-Sun 12:25-3:50-7:05-10:20 Mon-Wed 1-4:10-7:20-10:30 Thu 2:45
I, Frankenstein 3D (PG) Fri-Sun 12:55-3:20-5:45-8:15-10:45 Mon-Thu 2:45-5:20-7:45-10:15
Jack Ryan: Shadow Recruit (PG) Fri 12:10-2:40-5:20-7:55-10:35 Sat 12:35-3:10-5:40-8:15-10:45 Sun 12:10-2:40-5:20-7:55-10:35 Mon-Thu 2:05-4:45-7:25-10:05
Jai Ho (14A) Fri-Sun 12:05-3:25-6:40-9:55 Mon-Thu 2:50-6:05-9:20
Labor Day (PG) Fri-Sun 2-4:40-7:20-10:10 Mon-Wed 2-4:40-7:20-10:05 Thu 4:40-7:20-10:05 Star & Strollers Screening, Thu 2

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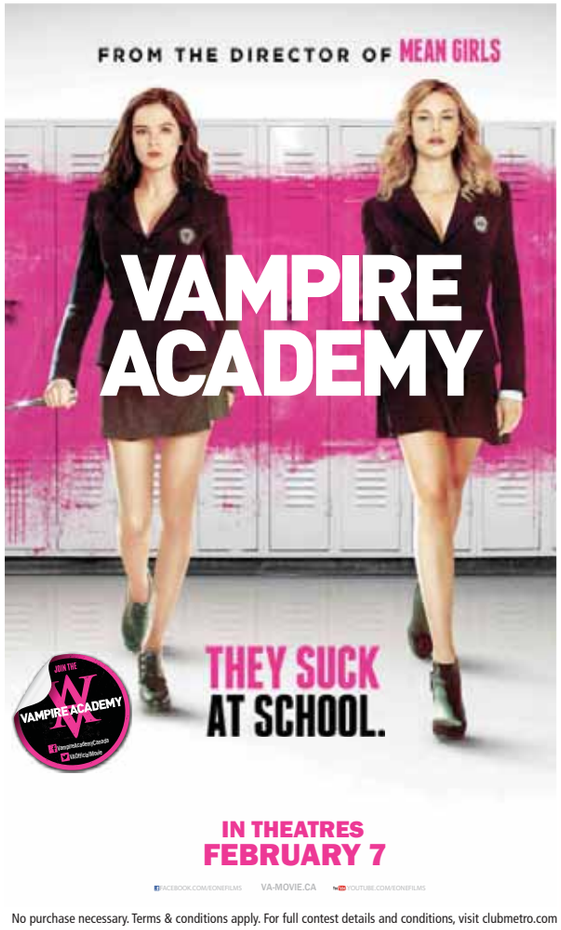
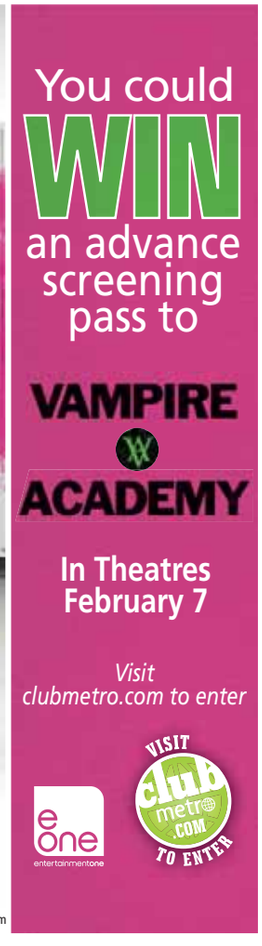
The Land Before Time (G) Sat 11
The LEGO Movie 3D (G) Thu 9:30
Lone Survivor (14A) Fri-Sun 1:25-4:30-7:30-10:25 Mon-Thu 1:10-4-7-10:10
The Monuments Men (STC) Thu 7-10
The Nut Job (G) Fri 1 Sat 11:30-1 Sun 1 Mon-Thu 1:15
The Nut Job 3D (G) Fri 3:15-5:35-7:50 Sat 11-3:15-5:35-7:50 Sun 3:15-5:35-7:50 Mon-Thu 3:20-5:30-7:40

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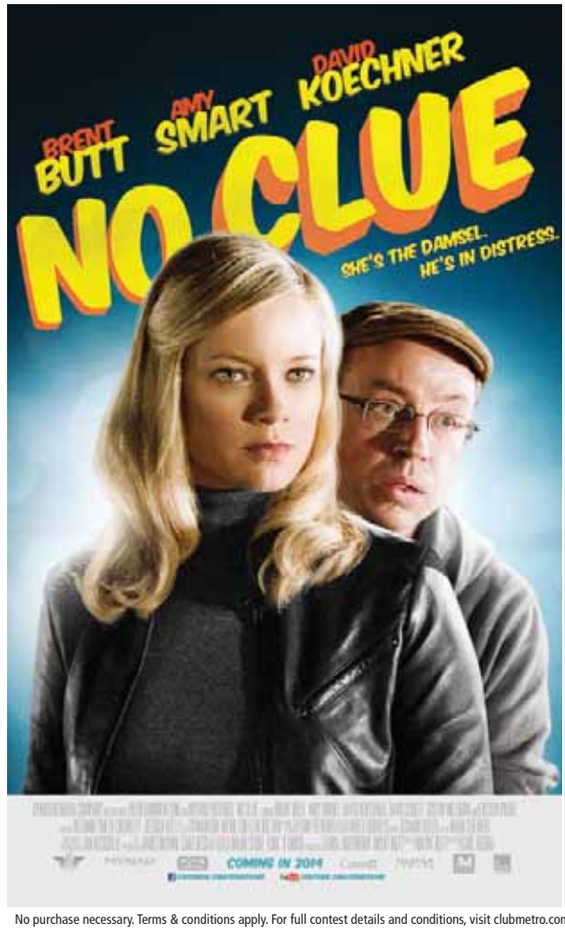

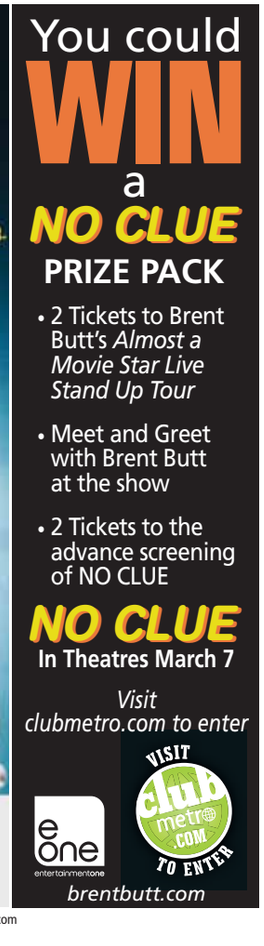
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14211 Entertainment Way

Ride Along (PG) Fri-Sun 12:35-3:10-5:40-8:10-10:40 Mon-Thu 1:55-4:35-7:05-9:40
Saving Mr. Banks (G) Fri-Sat 1:10-4:15-7:15-10:10 Sun 7:15-10:10 Mon-Wed 1:10-4:25-7:15-10:25 Thu 1-3:50-6:40
That Awkward Moment (14A) Fri-Sun 12:40-3:05-5:30-8-10:30 Mon-Wed 2:10-4:45-7:25-10:10 Thu 4:45-7:25-10:10 Star & Strollers Screening Thu 2
The Wolf of Wall Street (18A) Fri-Thu 1:50-5:50-9:45

Dolphin Cinemas
4555 E. Hastings St.

Anchorman 2: The Legend Continues (PG) Fri-Thu 8:55
Frozen (G) Fri 4:30-6:40 Sat-Sun 2-4:30-6:40 Mon-Thu 4:30-6:40
The Hunger Games: Catching Fire (PG) Fri-Thu 6:30-9:20
Walking With Dinosaurs (G) Fri 4:30 Sat-Sun 2:30-4:30 Mon-Thu 4:30

SilverCity Metropolis
4700 Kingsway Ave.

American Hustle (14A) Fri 12:05-4-7:15-10:15 Sat 12:50-4-7:15-10:15 Sun 11:50-3:45-7-10 Mon-Wed 1-4-7-10 Thu 1-4
Devil's Due (14A) Fri-Sat 9:55 Sun-Wed 9:40 Frozen (G) Fri-Sat 12 Sun 11:45 Mon-Thu 2:20 Frozen 3D (G) Fri-Sat 2:35-5:15-7:50 Sun 2:20-5-7:35 Mon-Thu 5-7:35
The Hobbit: The Desolation of Smaug (PG) Fri-Sat 12:10-3:35 Sun 11:55-3:20 Mon-Thu 2:15 The Hobbit: The Desolation of Smaug 3D (PG) Fri-Sat 7-10:30 Sun 6:45-10:15 Mon-Thu 5:50-9:30
I, Frankenstein 3D (PG) Fri-Sat 12:55-3:20-5:45-8:15-10:45 Sun 12:40-3:05-5:30-8-10:30 Mon-Thu 1:15-3:30-5:50-8:10-10:30
Jack Ryan: Shadow Recruit (PG) Fri-Sat 12:15-2:45-5:20-7:55-10:35 Sun 12-2:30-5:05-7:40-10:20 Mon-Thu 2:30-5:05-7:40-10:20
Labor Day (PG) Fri 2-4:40-7:20-10 Sat 11:15-2-4:40-7:20-10 Sun-Thu 1:45-4:25-7:05-9:45 The Land Before Time (G) Sat 11 The LEGO Movie 3D (G) Thu 9
Lone Survivor (14A) Fri-Sat 10:25 Sun-Thu 10:10 The Monuments Men (STC) Thu 7-9:50 The Nut Job (G) Fri-Sat 1 Sun 12:45 Mon-Wed 1:10 Thu 2:05
The Nut Job 3D (G) Fri-Sat 3:15-5:30-7:45 Sun 3-5:15-7:30 Mon-Wed 3:15-5:25-7:30 Thu 4:30-6:45
Ride Along (PG) Fri-Sat 12:40-3:10-5:40-8:10-10:40 Sun 12:25-2:55-5:25-7:55-10:25 Mon-Thu 1:05-3:25-5:45-8:05-10:25
That Awkward Moment (14A) Fri 12:20-3:05-5:35-8-10:20 Sat 12:30-3:05-5:35-8-10:20 Sun 12:05-2:50-5:20-7:45-10:05 Mon-Thu 2:45-5:15-7:45-10:05
The Wolf of Wall Street (18A) Fri 12-2:40-6:25-10:10 Sat 11:20-2:45-6:25-10:10 Sun 11:45-2:25-6:10-9:55 Mon-Thu 1:30-5:20-9:15

SilverCity Coquitlam
170 Schoolhouse Street

American Hustle (14A) Fri-Sun 1-4:15-7:30-10:45 Mon 1-4:15-7:25-10:35 Tue 1-4:15-7:30-10:45 Wed-Thu 1-4:15-7:25-10:35 Fri-Sun 1:40-3:15-6:30-9:45 Mon 3:50-7-10:15 Tue 1:40-3:15-6:30-9:45 Wed-Thu 3:50-7-10:15
August: Osage County (14A) Fri-Thu 6:45-9:40 Bolshoi Ballet: Lost Illusions (STC) Sun 12:55
Dallas Buyers Club (14A) Fri-Sat 1:55-4:45-7:35-10:20 Sun 1-4:45-7:35-10:20 Mon-Thu 1:55-4:45-7:35-10:20
Frozen (G) Fri 1:30 Sat 11-1:30 Sun-Thu 1:30 Frozen 3D (G) Fri-Thu 4:20-6:55
Frozen Sing-Along (STC) Fri-Thu 12:50-3:30 Her (14A) Fri-Thu 1:50
The Hobbit: The Desolation of Smaug (PG) Fri-Thu 3:10 The Hobbit: The Desolation of Smaug 3D (PG) Fri-Thu 6:40-10:10 The Hunger Games: Catching Fire (PG) Fri-Sat 12:35-3:50-7:10-10:25 Sun 3:50-7:10-10:25 Mon 12:40-3:55-7:10-10:25 Tue 12:35-3:50-7:10-10:25 Wed 12:40-3:55-7:10-10:25 Thu 12:40-3:55
I, Frankenstein 3D (PG) Fri-Sun 12:55-3:20-5:45-8:15-10:40 Mon 12:55-3:15-5:35-7:55-10:20 Tue 12:55-3:20-5:45-8:15-10:40 Wed-Thu 12:55-3:15-5:35-7:55-10:20
Jack Ryan: Shadow Recruit (PG) Fri-Sun 12:35-4:50-7:40-10:15 Mon 12:40-4:50-7:40-10:15 Tue 12:35-4:50-7:40-10:15 Wed-Thu 12:40-4:50-7:40-10:15 Fri-Sun 2:30-5:20-8-10:45 Mon 5:20-7:55-10:30 Tue 2:30-5:20-8-10:45 Wed-Thu 5:20-7:55-10:30 Labor Day (PG) Fri 2-4:40-7:20-10:05 Sat 11:20-2-4:40-7:20-10:05 Sun-Tue 2-4:40-7:20-10:05 Wed 4:40-7:20-10:05 Thu 2-4:40-7:20-10:05
Star & Strollers Screening, Wed 1
The Land Before Time (G) Sat 11
The LEGO Movie 3D (G) Thu 9:30
Lone Survivor (14A) Fri-Sun 1:40-4:30-7:50-10:45 Mon 1:20-4:10-7:05-10 Tue 1:40-4:30-7:50-10:45 Wed-Thu 1:20-4:10-7:05-10 Fri-Sun 1:10-4-7-10:05 Mon 3:30-6:30-9:30 Tue 1:10-4-7-10:05 Wed-Thu 3:30-6:30-9:30
Miss Granny (PG) Fri-Thu 1:10-4:05-7-9:55 The Monuments Men (STC) Thu 7-9:50 The Nut Job (G) Fri 12:30-2:45 Sat 11:05-12:30-2:45 Sun 12:30-2:45 Mon 12:45-2:55 Tue 12:30-2:45 Wed-Thu 12:45-2:55
The Nut Job 3D (G) Fri-Sun 5-7:15-9:30 Mon 5:05-7:15-9:30 Tue 5-7:15-9:30 Wed 5:05-7:15-9:30 Thu 5:05-7:15
Ride Along (PG) Fri-Thu 12:45-3:10-5:35-8:05-10:35
Saving Mr. Banks (G) Fri-Thu 9:30
That Awkward Moment (14A) Fri 12:40-3:05-5:30-8-10:30 Sat 11:30-12:40-3:05-5:30-8-10:30 Sun 12:40-3:05-5:30-8-10:30 Mon 1:05-3:25-5:45-8:05-10:30 Tue 12:40-3:05-5:30-8-10:30 Wed 3:25-5:45-8:05-10:30 Thu 1:05-3:25-5:45-8:05-10:30 Fri-Sun 12:50-5-7:30-10:25 Mon 5-7:30-9:55 Tue 12:50-5-7:30-10:25 Wed-Thu 5-7:30-9:55 Star & Strollers Screening Wed 1
The Wolf of Wall Street (18A) Fri-Thu 1:15-5:15-9:15 Fri-Sun 12:30-4:30-8:30 Mon 4:30-8:30 Tue 12:30-4:30-8:30 Wed-Thu 4:30-8:30

Clova
5732-176th St., Surrey,

About Time (PG) Fri-Thu 9:15
Anchorman 2: The Legend Continues (PG) Fri-Thu 7

Hollywood 3 Cinema
7125-138th Street, Surrey

Anchorman 2: The Legend Continues (PG) Fri-Thu 9
August: Osage County (14A) Fri 6:35 Sat-Sun 2-6:35 Mon-Thu 6:35
Cloudy With a Chance of Meatballs 2 (G) Fri 4:40 Sat-Sun 12-4:40 Mon-Thu 4:40
The Hunger Games: Catching Fire (PG) Fri-Thu 6:40-9:30
Philomena (PG) Fri 4:30-9 Sat 12-4:30-9 Sun-Thu 4:30-9
Saving Mr. Banks (G) Fri-Thu 6:30 Sat-Sun 2:10
Walking With Dinosaurs (G) Sat-Sun 12:50
Walking With Dinosaurs 3D (G) Fri 4:30 Sat-Sun 2:30-4:30 Mon-Thu 4:30

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American Hustle (14A) Fri-Thu 12:50-4-7:15-10:25
Devil's Due (14A) Fri-Wed 10:25
Dhoom 3 (PG) Fri-Thu 9:40
Frozen (G) Fri 12 Sat 11-12 Sun 12 Mon-Wed 2:35 Thu 1:15
Frozen 3D (G) Fri-Sun 2:35-5:15-7:50 Mon-Wed 5:15-7:50 Thu 3:50-6:25
The Hobbit: The Desolation of Smaug (PG) Fri-Sun 12:05
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Sun 3:30-7:05-10:30
I, Frankenstein 3D (PG) Fri-Thu 12:55-3:20-5:45-8-10:20
Jack Ryan: Shadow Recruit (PG) Fri-Sun 12:10-2:45-5:20-7:50-10:20 Mon-Thu 2:40-5:20-7:50-10:20
Jai Ho (14A) Fri-Thu 12:40-3:45-6:55-10:05
Labor Day (PG) Fri-Tue 2-4:40-7:20-10:10 Wed 4:40-7:20-10:10 Thu 2-4:40-7:20-10:10 Star & Strollers Screening, Wed 1
The Land Before Time (G) Sat 11
The LEGO Movie 3D (G) Thu 9
Lone Survivor (14A) Fri-Sun 1:40-4:35-7:25-10:35 Mon-Thu 1:40-4:35-7:25-10:15
The Monuments Men (STC) Thu 7-9:45
The Nut Job (G) Fri-Thu 1
The Nut Job 3D (G) Fri-Thu 3:10-5:20-7:30
That Awkward Moment (14A) Fri-Sun 12:35-3:05-5:30-8-10:30 Mon-Tue 12:45-3:05-5:30-8-10:30 Wed 3:20-5:40-8-10:30 Thu 12:45-3:05-5:30-8-10:30 Star & Strollers Screening Wed 1
The Wolf of Wall Street (18A) Fri-Wed 12:45-4:45-8:45 Thu 12:45

Studio 12 Guildford
15051-101st Ave, Surrey

12 Years a Slave (14A) Fri 3:25-6:20 Sat-Sun 12:30-3:25-6:20 Mon 6:20 Tue 3:25-6:20 Wed 6:20 Thu
American Hustle (14A) , Fri 3:30-6:25-9:10 , Sat-Sun 12:35-3:30-6:25-9:10 , Mon 6:25-9:10 , Tue 3:30-6:25-9:10 , Wed-Thu 6:25-9:10
Bride for Rent (G) , Fri 4-7-10 , Sat-Sun 1-4-7-10 , Mon 7-10 , Tue 4-7-10 , Wed-Thu 7-10
Devil's Due (14A) Fri-Wed 9:20 Thu
Frozen (G) Fri-Sun 4:10-9:25 Mon 9:25 Tue 4:10-9:25 Wed-Thu 9:25
Frozen 3D (G) Fri 6:50 Sat-Sun 1:30-6:50 Mon-Thu 6:50
I, Frankenstein (PG) Fri-Sun 4:15 Mon Tue 4:15 Wed-Thu
I, Frankenstein 3D (PG) , Fri 7:15-9:35 , Sat-Sun 1:15-7:15-9:35 , Mon-Thu 7:15-9:35
Jack Ryan: Shadow Recruit (PG) Fri 3:50-6:35-9:30 Sat-Sun 12:50-3:50-6:35-9:30 Mon 6:35-9:30 Tue 3:50-6:35-9:30 Wed-Thu 6:35-9:30
Jai Ho (14A) , Fri 3:45-6:45-9:45 , Sat-Sun 12:45-3:45-6:45-9:45 , Mon 6:45-9:45 , Tue 3:45-6:45-9:45 , Wed-Thu 6:45-9:45
Labor Day (PG) Fri 4:20-7:10-9:50 Sat-Sun 1:20-4:20-7:10-9:50 Mon 7:10-9:50 Tue 4:20-7:10-9:50 Wed-Thu 7:10-9:50
The LEGO Movie 3D (G) Thu 9
Lone Survivor (14A) Fri-Wed 9 Thu
The Monuments Men (STC) , Thu 7:05-9:50
The Nut Job (G) Fri-Sun 4:15 Mon Tue 4:15 Wed-Thu
The Nut Job 3D (G) , Fri-Thu 6:30
Ride Along (PG) Fri 4:30-7:25-9:55 Sat-Sun 1:45-4:30-7:25-9:55 Mon 7:25-9:55 Tue 4:30-7:25-9:55 Wed-Thu 7:25-9:55
That Awkward Moment (14A) , Fri 4:25-7:20-9:40 , Sat-Sun 1:40-4:25-7:20-9:40 , Mon 7:20-9:40 , Tue 4:25-7:20-9:40 , Wed-Thu 7:20-9:40
The Wolf of Wall Street (18A) Fri-Sun 3:40-7:30 Mon 7:30 Tue 3:40-7:30 Wed-Thu 7:30

Rialto
1732-152nd Street, White Rock

12 Years a Slave (14A) Fri 7:30 Sat-Sun 2-7:30 Mon-Thu 7:30
August: Osage County (14A) Fri 7-9:15 Sat-Sun 2:10-7-9:15 Mon-Thu 7-9:15

Criterion 4 White Rock
2381 King George Highway

American Hustle (14A) Fri 7:45 Sat-Sun 2-7:45 Mon-Thu 7:45
Frozen (G) Fri 7 Sat-Sun 2:10-7 Mon-Thu 7
Gravity (PG) Fri 7:30-9:25 Sat-Sun 2:30-7:30-9:25 Mon-Thu 7:30-9:25
Her (14A) Fri-Thu 9:15
Ride Along (PG) Fri 7:15-9:20 Sat-Sun 2:20-7:15-9:20 Mon-Thu 7:15-9:20

Colossus Langley
20090-91A Ave, Langley

12 Years a Slave (14A) Fri-Sun 12:15-3:30-6:55-10:15 Mon-Thu 4:05-7:10-10:15
Akira (STC) Fri 2 Thu 7:15
American Hustle (14A) Fri-Sun 12:35-3:45-7-10:10 Mon-Thu 4:10-7:15-10:25
August: Osage County (14A) Fri-Sat 1:20-4:15-7:15-10:05 Sun 1:20-4:35-7:15-10:05 Mon-Thu 4:25-7:25-10:20
The Avengers (PG) Sat 6:50
Batman (PG) Sat 9:35 Wed 1
Battlestar Galactica (STC) Sun 12:30
Bill & Ted's Excellent Adventure (STC) Fri 7:15 Mon 5:30 Tue 2
Bolshoi Ballet: Lost Illusions (STC) Sun 12:55
Brazil (STC) Mon 12 Wed 9:50
The Dark Knight (14A) Sat 11:55 Wed 3:35
Devil's Due (14A) Fri-Sun 10:45 Mon-Wed 10:05
The Fisher King (STC) Mon 2:45 Tue 4 Wed 7
Flash Gordon (STC) Sun 7:30
Frozen (G) Fri 1:45 Sat 11:05-1:45 Sun 1:45
Frozen 3D (G) Fri-Sun 4:35-7:15 Mon-Wed 4:20-7:20 Thu 4:20-7
Frozen Sing-Along (STC) Fri-Sun 1:15-4:10 Mon-Thu 4
Ghost in the Shell (STC) Fri 4:40 Thu 9:50
Gravity: An IMAX 3D Experience (PG) Fri-Sun 12:30-2:50-5:10-7:30-9:50 Mon-Thu 4:45-7:35-10
Her (14A) Fri-Sun 10:35 Mon-Thu 9:40
The Hobbit: The Desolation of Smaug (PG) Fri-Sun 1:05
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Thu 5-9
The Hunger Games: Catching Fire (PG) Fri-Sun 12:20-3:35-7:05-10:20 Mon-Thu 4:05-7:15-10:25
I, Frankenstein 3D (PG) Fri-Sun 12:55-3:20-5:45-8:15-10:45 Mon-Thu 4:35-7:30-10:15
Iron Man (PG) Sat 4:15
Jack Ryan: Shadow Recruit (PG) Fri-Sun 12:10-2:45-5:20-7:55-10:30 Mon-Thu 4:55-7:40-10:30
Labor Day (PG) Fri 2-4:40-7:20-10:10 Sat 11-2-4:40-7:20-10:10 Sun 2-4:40-7:20-10:10 Mon-Tue 4:40-7:20-10:10 Wed 7:20-10:10 Thu 4:40-7:20-10:10 Star & Strollers Screening, Wed 3
The Land Before Time (G) Sat 11
The LEGO Movie 3D (G) Thu 9:30
Lock, Stock and Two Smoking Barrels (18A) Mon 7:30 Thu 2:45
Logan's Run (STC) Sun 10
Lone Survivor (14A) Fri-Sun 1:25-4:25-7:25-10:25 Mon-Thu 4:30-7:25-10:20
Monty Python and the Holy Grail (STC) Fri 11:55 Tue 12 Thu 5:15
The Monuments Men (STC) Thu 7-10:10
The Nut Job (G) Fri 1 Sat 11-1 Sun 1
The Nut Job 3D (G) Fri-Sun 3:15-5:35-7:45 Mon-Thu 4:25-7:20
On Her Majesty's Secret Service (STC) Tue 7
Philomena (PG) Fri-Sun 12:05-2:30-5:05-7:30-10 Mon-Thu 4:15-7:05-9:55
Planet of the Apes (STC) Fri 9:20 Sun 5:10
Ride Along (PG) Fri-Sun 12:45-3:10-5:40-8:10-10:40 Mon-Thu 4:50-7:35-10:10
Saving Mr. Banks (G) Fri 1:10-4:05-7:10-10:05 Sat 12:55-4:05-7:10-10:05 Sun 4:05-7:10-10:05 Mon-Wed 4:15-7:10-10:05 Thu 4:10
The Secret Life of Walter Mitty (G) Fri-Sun 7:25-10:20 Mon-Thu 7:05-10
Snatch (18A) Mon 9:45 Thu 12:30
Spider-Man (PG) Sat 1:45
Superman (STC) Sat 11
That Awkward Moment (14A) Fri-Sun 12:40-3:05-5:30-8-10:30 Mon-Tue 4:10-7-9:45 Wed 7-9:45 Thu 4:10-7-9:45 Star & Strollers Screening Wed 3
Thunderball (STC) Tue 9:50
Tron (STC) Sun 3
The Wolf of Wall Street (18A) Fri-Sun 12-4-8:05 Mon-Thu 4-8

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OUR TAKE ON THE WORLD OF CELEBRITIES

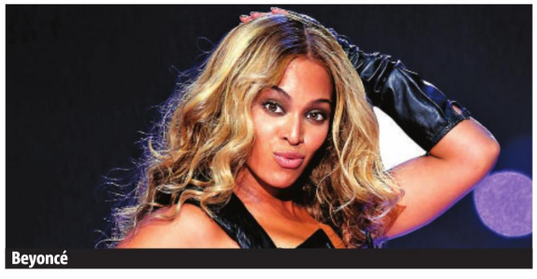
The Word

Sienna says she only blames herself for bad press

Sienna Miller's rise to fame got a bit muddled when she became a tabloid sensation thanks to affairs with Daniel Craig and Balthazar Getty, forcing her to take a step back from the spotlight.

But the British actress insists there's no one to blame but herself. "I sabotaged things. I burnt a lot of bridges," she tells Esquire magazine. "What was going on in my private life was not an easy thing to read about.

"People don't want to see films with people they don't approve of in them. I felt like I had no control over any aspect of my life, professionally or personally, so I deliberately disappeared. I was sick of myself, to be honest, or sick of that perception of me."


Beyoncé

Queen B+? University offers course on Beyoncé

Beyoncé is one of the world's most scrutinized pop stars, and now that study is moving to academia. The Department of Women's and Gender Studies at Rutgers University is offering a course called Politicizing Beyoncé.

Kevin Allred, a doctoral student who is teaching the class, tells the university's online news site that he is using Beyoncé's career as a way to explore American race, gender and sexual politics. The class supplements an analysis of Beyoncé's videos and lyrics with readings from black feminists. Allred says he's seeking to help students think more critically about media consumption.

THE ASSOCIATED PRESS

Even pop stars get the booty blues

It turns out that almost everyone is hyper-critical of their own body, including Rihanna, so don't feel too bad.

"I do pick on my body," the Stay singer tells E! News. "It's a thing that women do. We walk in front of the mirror and we look at our butt. Is it getting bigger today? Ew. It's still flat."

Rihanna

Tarantino crowned by Krewe of Orpheus

Quentin Tarantino will reign as the Krewe of Orpheus' 2014 Celebrity Monarch. Tarantino will lead the 27-float procession on March 3 in New Orleans, on the eve of Mardi Gras.

Following the parade, the krewe's more than 1,300 members will host its black-tie party Orpheuscapade inside the Ernest N. Morial Convention Center. THE ASSOCIATED PRESS

Quentin Tarantino

Liquid Assets

Wet side of Kiwi culture

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

While The Lord of the Rings trilogy got the ball rolling, Lorde's wins at the Grammys last weekend has solidified New Zealand's position as the coolest place on Earth.

Kiwi culture extends way beyond movies and music. Its wines are considered some of the New World's finest productions. The first to twist screw caps onto premium juice, they've taken Sauvignon Blanc and Pinot Noir to places other countries can't even buy a ticket.

I love that about New Zealand wines. They know what they do best and, while they're never inexpensive, they deliver.

You might not be thinking about drinking white wine at this time of year. After all, nothing warms the soul on a cold Canadian winter's night like a nice, meaty red. I say worry less about the weather and more about what you've got in your glass.

And though I respect Lorde, Kim Crawford's 2013 Sauvignon Blanc ($19.95 - $22.99), with its sexy, citrus-infused star power, is way more Beyoncé.

Try it with fresh shellfish and vegetable-based dishes. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Go to NJ for football and Cincinnati for the chili

Super Bowl snack. The teams are from Seattle and Denver. The arena is in New Jersey and used by New York teams. So, continue the American geography lesson with Cincinnati Chili

This recipe serves six to eight. COURTESY RICARDOCUISINE.COM

Everyone has a go-to chili recipe — but this is chili with a twist. Cincinnati chili is a tradition in parts of Ohio, with various recipes calling for the addition of allspice, cinnamon and cloves combined with more traditional ingredients like chili powder.

It is usually served atop pasta with grated cheese and garnished with kidney beans.

This Cincinnati chili recipe from award-winning Canadian chef Ricardo is perfect for anyone looking for a new chili experience.

Ingredients

- 1 kg (2 lb) lean ground beef
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 30 ml (2 tbsp) olive oil
- 45 ml (3 tbsp) chili powder
- 5 ml (1 tsp) ground cinnamon
- 5 ml (1 tsp) ground cumin
- 2.5 ml (1/2 tsp) allspice
- 2.5 ml (1/2 tsp) hot pepper flakes (or to taste)
- 1 pinch ground cloves
- 30 ml (2 tbsp) white wine vinegar
- 15 ml (1 tbsp) Worcestershire sauce
- 750 ml (3 cups) water
- 1 can (398 ml/14 oz) tomato sauce
- 2 cans (156 ml/5.5 oz each) tomato paste
- 2 bay leaves
- 2 cloves
- Salt and pepper

Garnishes

- Canned red kidney beans, rinsed and drained
- Green onions, chopped
- Orange cheddar, grated

1. In a Dutch oven over medium-high heat, brown the meat, onion and garlic in the oil, breaking up the meat with a wooden spoon. Season with salt. Add the spices and cook for 3 minutes more.

2. Deglaze with the vinegar and Worcestershire sauce. Add the water, tomato sauce, tomato paste, bay leaves and cloves. Bring to a boil, reduce the heat and simmer gently for about 2 hours, stirring frequently. Remove the bay leaves. Adjust the seasoning.

3. For an authentic presentation, serve on al dente spaghetti. Garnish with kidney beans, green onions and cheddar. For something more casual, like a Super Bowl snack, serve in bowls with garlic bread.

COURTESY RICARDOCUISINE.COM

Give chip dip a hot and spicy kick

1. Heat the oven to 375 F. Coat an 8-inch square baking pan with cooking spray.

2. In skillet over medium-low, heat oil. Add onion and sauté, covered, stirring occasionally, 8 minutes. Uncover pan and continue cooking, stirring occasionally, until onions are golden brown, about 5 minutes. Add garlic and cook, stirring, for 1 minute. Remove the pan from the heat and set aside.

3. In food processor, pulse artichokes until they are medium chopped, then transfer them to the skillet.

4. In food processor combine spinach, cream cheese, sour cream, mayo and half of the Parmigiano-Reggiano, then process until mixed. Add mixture to skillet, along with peppers and pepper flakes. Stir well, then season with salt.

5. Transfer the mixture to the prepared pan, sprinkle the remaining cheese over the top and bake on the oven's middle shelf for 15 to 20 minutes, or until it is bubbling at the edges. Serve immediately with crackers or low fat pita crisps.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

Ingredients

- 1 tbsp olive oil
- 1 1/2 cups finely chopped onion
- 1 tbsp minced garlic
- 13.75-oz can artichoke hearts, drained
- 10-oz box frozen chopped spinach, thawed and squeezed dry
- 4 oz ow-fat cream cheese
- 1/2 cup low-fat sour cream
- 2 tbsp low-fat mayonnaise
- 1 oz freshly grated Parmigiano-Reggiano
- 1/2 cup medium chopped mild Peppadew peppers (about 2 oz)
- 1/2 to 1 tsp red pepper flakes
- Kosher salt
- Crackers or low-fat pita crisps, to serve

This recipe makes four cups. MATTHEW MEAD/ THE ASSOCIATED PRESS

Talk that Super Bowl talk like an expert

Football. Everything you need to sound like you know what you're talking about

TERESA KRUZE
life@metronews.ca

Super Bowl XLVIII will be a day of many firsts. It's the first Super Bowl held in the Northeast, the first hosted by two NFL franchises (Giants and Jets), and the first hosted by two states (New York and New Jersey).

How so? While the Giants and Jets are both New York teams, the stadium they play is across state lines in New Jersey. The Super Bowl has become much more than just a game, with festivities taking place all week in both the Big Apple and the Garden State.

C-c-c-cold

Sunday's game will be the first outdoor, cold weather Super Bowl in history and everyone is whining, er... talking about it. WIMPS. Canadian football fans have been braving games in bone-numbing temperatures for years. Super Bowl organizers are giving each ticket holder a swag bag seat cushion filled with hand warmers, ear muffs, gloves, tissues, a toque, lip balm and a radio to make the 82,500 frozen fans feel a little less frozen.

More than 100 million people are expected to watch the Seahawks take on the Broncos on Sunday. Will you be one of them? Here's all you need to know to enjoy the Super Bowl, and a few inside hints to make you look like an expert.

Who will you be cheering for during the big game? ISTOCK

O Canada

The Canadian connections

Three Canadians will take part in the big game.

Broncos' offensive tackle Orlando Franklin, though not born in Canada, moved to Scarborough, Ont. when he was three. Seahawks rookie Luke Willson of LaSalle, Ont., was drafted by the Toronto Blue Jays but chose football over baseball. Seattle punter Jon Ryan will be the first Saskatchewan native to play in the Super Bowl. He made the jump from CFL to NFL in 2006.

There will also be a Canadian sitting in the owner's suite. Broncos owner Pat Bowlen was raised in Alberta and retains his citizenship. TERESA KRUZE

Who is playing?

The Broncos are two-time Super Bowl champions and are coming off a record-setting year. Quarterback Peyton Manning led Denver to set new marks for points scored (606) and touchdown passes (55). The Seahawks have never won the Super Bowl, but come into the game with an equally impressive defense. On Sunday, it'll be the number one offense in the league against the number one defense. This hasn't happened since 1991. TERESA KRUZE

Seattle Seahawks (NFC champs)

Russell Wilson

Wilson's 25 and in his second year of playing for Seattle. He's been described as having a cannon arm, Houdini-like escape skills and is deadly outside the pocket. Some say he lacks experience and seasoning, but he has two big things going for him: the Seahawks' defense and former CFL great and NFL Pro Football Hall of Famer Warren Moon as a mentor.

Denver Broncos (AFC champs)

Peyton Manning

Peyton Manning, 37, has scorched the record books, and will likely go down as one of the best quarterbacks of all time. He has one Super Bowl ring. His critics predict he'll choke and freeze up on Sunday. After destroying the Tennessee Titans on a freezing December day, Manning said to his critics: "Whoever wrote that narrative can shove it where the sun don't shine."

Cool facts

Did you know....

- **MetLife Stadium.** The stadium will have 1,600 volunteers armed with shovels and ready to go if it snows before kick off.
- **Today.** Advertisers are paying up to 4.5 million dollars to run their commercials during the game.
- **Back then.** A 30-second commercial cost $40,000 during the first Super Bowl in 1967.
- **Colours.** The Broncos will be sporting their orange home jerseys and the Seahawks will wear their road whites. Teams that wear white jerseys have won eight of the last nine Super Bowls.

Entertainment

An opera singer and a Grammy winner

Renée Fleming will be the first-ever opera singer to perform The Star Spangled Banner at a Super Bowl, so the song's high notes shouldn't be a problem. Nerves shouldn't be either, as she also performed at the 2009 U.S. Inauguration and sang David Letterman's Top Ten one night.

Grammy winner Bruno Mars is set to rock MetLife Stadium and the frozen fans on Sunday during the halftime show. They also invited the Red Hot Chili Peppers, but Flea and the boys like to perform bare-chested. A parka and long underwear might be a good idea for this gig. TERESA KRUZE

Bruno Mars GETTY

Drinks. Football Cocktails from The Carbon Bar

Bartender Brendan Piunno has created two Super-Bowl-inspired cocktails for you to serve at halftime. ANDREW JOHN VIRTUE DOBSON

ANDREW JOHN VIRTUE DOBSON
dobbernationloves.com
@dobbernation

With the Super Bowl quickly approaching we tasked Brendan Piunno, bartender at the recently launched The Carbon Bar in Toronto, to create two unique cocktails inspired by the Seattle Seahawks and Denver Broncos.

Paying homage to Seattle's Pike Place Market, Piunno tips his hat to the birthplace of Starbucks with a coffee-inspired take on a Manhattan. For Denver, Piunno says he created The Moscow Bronco as "a fun take on the Moscow mule, adding a spicy kick by muddling fresh sliced chili into the glass."

Both beverages offer a subtle zing and a perfect opportunity to impress your guests.

Seattle Seahawk-Inspired Pike Place Manhattan

- 2 oz Pike Creek Canadian Whisky
- *1 oz coffee-infused Martini Rosso
- Generous dashes of Angostura bitters

*Add a teaspoon of fresh ground coffee to 6 oz. Martini Rosso, stir and strain.
Garnish with a cherry and light sprinkle of fine ground coffee Shake or stir ingredients over ice. Enjoy up or on the rocks.

Denver Bronco-Inspired Moscow Bronco

- 2 oz Absolut Elyx
- 1 oz lime juice

Top with ginger beer. Add press sliced chili for a spicy Bronco kick. Garnish with sprig of fresh coriander. Serve in a rocks glass full of ice.

Would you like to be kept in the loop of the hottest openings and events in your city? To be notified of other notable events for young professionals, go to: notable.ca/signup.php and follow us on Twitter @NotableCA.

NOTABLE NOW
Julian Brass, Founder of notable.ca, Canada's online source for young professionals

NorthFest at the Rickshaw

(Jan. 31, 254 East Hastings St.)
Grab tickets to this year's NorthFest, a fantastic showcase event featuring music of the north guaranteed to heat things up. NorthFest brings the vibrant and creative sounds of Speed Control to stage alongside the Yukon's own Diyet and Greenland's Nive Nielsen. Tickets are $15 at the door, more information can be found here: liveatrickshaw.com.

Now open: Croissanterie La Marseillaise

(1142 Granville St.)
Having recently opened to rave reviews, Croissanterie La Marseillaise features more than 125 handmade rolls, breads and specialty items daily. Craving a buttery croissant? This bakery specializes in a wide variety of mouth-watering goods. Learn more and work up an appetite for carbs at croissanterie-lamarseillaise.com.

Coming up: River District Chinese New Year Celebration

(February 2, 8683 Kerr St.)
Gear up for the Year of the Horse in style and head over to the River District Centre to celebrate Chinese New Year. Enjoy cultural celebrations, watch a lion dance, sample specialty teas and cuisine, catch a kung fu performance and other festival activities. Learn more about the event here: riverdistrict.ca.

Now on: 365 Days

(Jan. 31 to Mar. 2, 88 East Cordova St.)
Artist run non-profit Gallery Gachet is set to host its latest installation, 365 Days, and kicks things off with an opening reception this Friday starting at 7 p.m. With the exhibit's artist, Evan Sabourin, on hand to meet and greet, his latest work recounts successes and failures from the past year as he sought to recover from addiction. For info visit: gachet.org/exhibitions/365-days/.

Last chance: Dine Out Vancouver Festival

(Ends Feb. 2, various locations)
If you haven't already taken advantage of this city-wide food festival featuring prix-fixe menus from more than 260 different restaurants, it's final call. With prices ranging from $18 to $38, there is something for all budgets, tastes and preferences. For event details visit dineoutvancouver.com.

Opening soon: Fox Cabaret

(2321 Main St.)
Construction has finally ceased and the doors are set to open at Vancouver's newest venue for entertainment. Located in East Van, Fox Cabaret has been a long time coming and will be a welcomed addition to the live music scene in the city. Formerly home to the notorious Adult Cinematheque, the room has been gutted to create a classy theatre venue. Stay in the loop on their official opening date here: foxcabaret.com.

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CHINESE NEW YEAR

恭喜發財
共賀新春

SOFIAWORLD/SHUTTERSTOCK

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好運來
第7頁

HAPPY 2014! CHINESE NEW YEAR STARTS ON THE SECOND NEW MOON AFTER WINTER SOLSTICE. THIS YEAR, WE CELEBRATE THE YEAR OF THE HORSE. THIS IS THE YEAR OF BENEFITS AND SELF-REFLECTION. YOU CAN EXPECT LUCK TO BE ON YOUR SIDE — NOT ONLY WILL YOUR GOOD KARMA PREVAIL, BUT ALSO YOUR HIDDEN TALENTS.

新春大吉，萬事如意！中國農曆新年為二十四節氣中的立春，即冬至後的第三個節氣。

在2014甲午馬年，祝願大家，馬到功成，步步高陞，福星高照。

RAT

Your mate will expect more from you. If you are single, you'll have to make an effort to meet someone because they will not plop on your lap. You will be recognized — and compensated — for your work ethic.

Feb. 10, 1948 – Jan. 28, 1949
Jan. 28, 1960 – Feb. 14, 1961
Feb. 15, 1972 – Feb. 2, 1973
Feb. 2, 1984 – Feb. 19, 1985
Feb. 19, 1996 – Feb. 6, 1997

鼠 你的配偶將對你有更大的期望。至於單身一族，需主動出擊以覓得好姻緣。在事業上，你的盡忠職守及專業表現，將會備受讚賞及得到回報。

OX

You will draw in many potential partners for love, business and friendship. Change is imperative to an ox during 2014, and the change will be great. From April until August, you have an opportunity to make money.

Jan. 29, 1949 – Feb. 16, 1950
Feb. 15, 1961 – Feb. 4, 1962
Feb. 3, 1973 – Jan. 22, 1974
Feb. 20, 1985 – Feb. 8, 1986
Feb. 7, 1997 – Jan. 27, 1998

牛 無論感情、事業、及友情方面，你都會遇到好對象及好伙伴。今年屬牛者，急需求變，而且轉變將帶來美好的前景。四至八月有賺錢的良機。

TIGER

Do not bottle your emotions — let your feelings flow, but watch your temper. Employers will be impressed. You should have no issues saving money during 2014, as long as you spend wisely.

Feb. 17, 1950 – Feb. 5, 1951
Feb. 5, 1962 – Jan. 24, 1963
Jan. 23, 1974 – Feb. 10, 1975
Feb. 9, 1986 – Jan. 28, 1987
Jan. 28, 1998 – Feb. 15, 1999

虎 不要將情緒壓抑，好好讓你的感受表達出來，但要注意控制脾氣。工作上，將獲僱主賞識。今年儲錢不是問題，不過要注意謹慎理財，否則來得容易去得亦快。

RABBIT

Single? Expect to meet someone new in April. Be aware of job opportunities that promise the stars — they may blow smoke in your eyes. Your finances will improve; be mindful not to overspend.

Feb. 6, 1951 – Jan. 26, 1952
Jan. 25, 1963 – Feb. 12, 1964
Feb. 11, 1975 – Jan. 30, 1976
Jan. 29, 1987 – Feb. 16, 1988
Feb. 16, 1999 – Feb. 4, 2000

兔 感情上，單身者在四月會有好姻緣出現。工作機會上，要慎防受到欺詐空談。財運會有改善，不過必須注意量入為出。

DRAGON

Your romantic side will impress anyone who is graced with your love. You will rise above challenges as long as you don't allow arrogance to guide you. Money will be your friend this year.

Jan. 27, 1952 – Feb. 13, 1953
Feb. 13, 1964 – Feb. 1, 1965
Jan. 31, 1976 – Feb. 17, 1977
Feb. 17, 1988 – Feb. 5, 1989
Feb. 5, 2000 – Jan. 23, 2001

龍 今年你的桃花暢旺，只要保持謙虛，工作上的挑戰會使你如虎添翼，財運亦亨通。

SNAKE

You look calm on the surface, but love and passion will burn hot all year. Thinking about self-employment, going back to school or changing careers? Do it now. Procrastination will hold you back.

Jan. 27, 1941 – Feb. 14, 1942
Feb. 14, 1953 – Feb. 2, 1954
Feb. 2, 1965 – Jan. 20, 1966
Feb. 18, 1977 – Feb. 6, 1978
Feb. 6, 1989 – Jan. 26, 1990

蛇 表面平靜，但實質全年桃花旺盛。如考慮自僱、再進修、或轉業，這是適當時機，需坐言起行，拖延的態度只會讓你原地踏步。

HORSE

You will exceed your expectations, but expect the unexpected. Luck is on your side; apply for jobs you always thought you could not get. But don't spend your money frivolously.

Feb. 15, 1942 – Feb. 4, 1943
Feb. 3, 1954 – Jan. 23,1955
Jan. 21, 1966 – Feb. 8, 1967
Feb. 7, 1978 – Jan. 27, 1979
Jan. 27, 1990 – Feb. 14, 1991

馬 你的配偶將對你有更大的期望。至於單身一族，需主動出擊以覓得好姻緣。在事業上，你的盡忠職守及專業表現，將會備受讚賞及得到回報。

SHEEP

People will gravitate toward your compassionate and loving nature. You will be given an opportunity to climb the career ladder — do not hesitate. Don't lend or spend money you do not have.

Feb. 5, 1943 – Jan. 24, 1944
Jan. 24, 1955 – Feb. 11, 1956
Feb. 9, 1967 – Jan. 29, 1968
Jan. 28, 1979 – Feb. 15, 1980
Feb. 15, 1991 – Feb. 3, 1992

羊 富有同情心及忠誠的本性有助你本年的人緣。在事業上，當遇到晉升的機會，不要遲疑。財政上，不要借貸或過度揮霍。

MONKEY

Your loved ones will run to you for advice. You will be recognized for your proficiency on the job and knowledge of your industry. If you can help someone in a financial bind, then do it.

Jan. 25, 1944 – Feb. 12, 1945
Feb. 12, 1956 – Jan. 30, 1957
Jan. 30, 1968 – Feb. 16, 1969
Feb. 16, 1980 – Feb. 4, 1981
Feb. 4, 1992 – Jan. 22, 1993

猴 你所愛的人都需要你的忠告。你工作上的專業表現及知識將備受讚賞。如有能力的話，請協助財困者渡過難關。

ROOSTER

You will impress people who you connect with; you might even find a new mate in the midst of it all. From the end of winter to early spring, your sensitive side will be in full gear. Be patient with co-workers and summer will present a promotion at work.

Feb. 13, 1945 – Feb. 1, 1946
Jan. 31, 1957 – Feb. 17, 1958
Feb. 17, 1969 – Feb. 5, 1970
Feb. 5, 1981 – Jan. 24, 1982
Jan. 23, 1993 – Feb. 9, 1994

雞 令碰到的人留下難忘印象，甚至出現新的姻緣。在冬末至初春，你的情緒會變得起伏不定，請對同事保持耐心，到夏季將有晉升機會。

DOG

If single, you might not be by mid-summer or late fall. In a relationship? You can look forward to your commitment getting stronger. Your co-workers will look up to you and appreciate the way you handle stress in a work environment.

Feb. 2, 1946 – Jan. 21, 1947
Feb. 18, 1958 – Feb. 7, 1959
Feb. 6, 1970 – Jan. 26, 1971
Jan. 25, 1982 – Feb. 12, 1983
Feb. 10, 1994 – Jan. 30, 1995

狗 單身者，到仲夏或秋末將有姻緣至。蜜運中的朋友，感情將更穩固。工作上，你的臨危不亂及幹練本色，將得到同事稱許。

PIG

Ooh la la, piggy, you will encounter many picks for love, but choose wisely, because this one will last. In a relationship? Hmm, get ready for a side attraction. This is your year to cash in. Looking for the perfect job? You will not have to look past April or May.

Jan. 22, 1947 – Feb. 9, 1948
Feb. 8, 1959 – Jan. 27, 1960
Jan. 27, 1971 – Feb. 14, 1972
Feb. 13, 1983 – Feb. 1, 1984
Jan. 31, 1995 – Feb. 18, 1996

豬 在感情方面，你會遇上很多機會，請作出明智之選，因為這將會是白頭皆老的真命天子。在蜜運中的朋友，可要小心桃花出現。今年你會財源滾滾，欲尋找理想工作者，四至五月前必成事。

GET READY FOR A WILD RIDE

Just like its namesake, the upcoming Year of the Horse will be tempestuous, says Vancouver-based fortune teller and feng shui master Sherman Tai.

Over the past 130 years, other Years of the Horse have been unstable economically, politically and meteorologically.

"It's not a very good year," Tai says. "Too many uncertainties."

People born in the Year of the Horse tend to be charismatic, independent and unpredictable.

Since the year will reflect that unpredictability, be conservative in financial matters, Tai cautions.

"The financial situation will be up and down."

He predicts the Canadian dollar will continue to drop, at least by another two or three per cent. The U.S. dollar, meanwhile, will have a much better year. But don't put all your eggs in one basket, Tai says.

"We cannot be too aggressive investing in U.S. properties or stocks."

The U.S. economy is "improving but not yet fully recovered."

Weather will follow the same chaotic pattern. This year will be a scorcher, Tai says, particularly for the eastern provinces.

On the flip side, the Year of the Horse is an opportunity to gather your resources and begin a journey of self-improvement.

"This is a year for chance, for new changes," Tai says.

QUINKY/SHUTTERSTOCK

LALAN/SHUTTERSTOCK

馬年運勢

正如居於溫哥華的戴添祥風水術數大師所言，即將來臨的馬年是充滿起伏的一年。

在過去一百三十年裡，不論在經濟、政治或氣象上，馬年都是動蕩不安的。今年也不例外，戴大師形容，今年充滿變數，不是一個上佳年頭。

在馬年出生的人往往是獨立，高深莫測，魅力十足的。

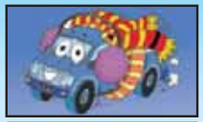
戴大師提點，在充滿未知數的馬年裡，處理任何財政事宜要慎重考慮，以免導致損失。他更預計加元將繼續再向下調整二至三個百分點，而與此同時，美元在馬年內會向好。戴大師忠告：「不要完全集中一項投資，但不要對美國股票或物業作出過分進取的投資，美國經濟只是正在緩慢地復甦中，一切以謹慎為首要。」

戴大師亦指出，天氣會繼續反常，尤其是東部省份將受到一股熱氣流影響，必須為大熱天有著心理準備。

往好的一面看，馬年充滿匯聚資源、自我增值的機遇。戴大師說：「在這充滿變幻的一年裡，險中求勝，趕緊把握機會應變。」

Richport FORD

JUDY'S TIP OF THE WEEK



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FOLLOW TASTY TRADITIONS

It wouldn't be Chinese New Year's without the culinary traditions. Families are cooking together, restaurants are jam-packed and shops are giving away free samples.

Jiaozi, a.k.a. potstickers, are a favourite dish for the occasion in northern China, says Kathy Gibler, the executive director of Vancouver's beloved Dr. Sun Yat-Sen Classical Chinese Garden. These dumplings can be steamed or fried, and come with many different kinds of fillings, including vegetarian, pork and green onion. "It's one of the things that I love," Gibler says.

Another lucky food that's common on Chinese New Year is long-life noodles or yi mein. Usually made of wheat flour, these chewy noodles can be used in soups, salads or stir fries, and eating them is good luck and signifies long life.

ZKRUGER/SHUTTERSTOCK

"At the (Dr. Sun Yat-Sen Classical Chinese Garden) we have what's called the tray of togetherness," she says. It's an eight-sided tray with an array of fruits and nuts available for visitors.

CELEBRATE WITH FAMILY

There is nobody better to celebrate with than your loved ones. Family traditions are at the heart of Chinese New Year, says Kathy Gibler, the executive director of Vancouver's beloved Dr. Sun Yat-Sen Classical Chinese Garden.

It's a multi-day tradition for many families, spanning from several days before the new year, in which the family cooks, cleans and gets everything ready for the celebration, and continuing into the two or three days after the new year.

Visiting friends and family is a must, Gibler says. "You're wishing them a happy New Year's. It's a lucky thing to do. You really want to see all the people who are important to you."

WONG SZE YUEN/SHUTTERSTOCK

On New Year's Day it's a modern tradition for families to go out for dinner. "Every Chinese restaurant is booked fully," Gibler says. "So that's where you should go if you want to experience modern Chinese New Year — if you can get in!"

新春賀年美食

正所謂「民以食為天」，中國人慶新春怎能少了各式各樣的傳統賀年美食呢？一家大小在廚房忙得團團轉，往酒家吃年夜飯的人駱驛不絕，商店紛紛致送應節贈品，一片喜氣洋洋。

「餃子是中國北方人最愛的春節食品。」溫哥華中山公園行政總裁Kathy Gibler說。「這些餃子有蒸的，也有煎的，而且餡料變化很多，包括有素菜餃或豬肉韭菜餃等等。餃子是其中一種我喜愛的中國食品。」Gibler高興地表示。

另一種應節食物是長壽麵或稱伊麵，通常是以麵粉製成，這種充滿嚼勁的麵條可以放湯、作冷盤、或作炒麵，吃伊麵有帶來福氣及長壽的涵意。

Gibler說：「小朋友在過年時則可以盡情地吃糖果，今時今日都是從店子買來五彩繽紛包裝精美的糖果，而傳統的賀年糖果卻還有各式糖蓮子、糖蓮藕、糖冬瓜、瓜子、果仁等等。」

「在中山公園我們擺放了稱為「全盒」的盤子。」她說：「它是一個分為八格的盤子，內裏裝滿了乾果及果仁，在農曆新年時供訪客享用。」

一家大小慶新春

「中國傳統文化是以家庭為中心，」中山公園行政總裁 Kathy Gibler形容說：「所以與至愛的家人共慶農曆新年，是別具意義的。」

中國不同的省市雖有不同的習俗，但無論在那處，空氣中都瀰漫著一片對農曆年熱鬧氣氛。慶祝活動跨逾多天，由過年數天前，家家戶戶已經忙於打掃及烹調傳統食物，一直伸延至新年後幾天才結束。

「新年時拜訪親友是必須的，」Gibler補充說：「除了拜年時祝福新年吉祥外，也會給你帶來幸運，至愛親朋共聚一堂， 樂也融融。」

現在的新風氣是在農曆年的大年初一，大伙兒一起出外進餐。但Gibler忠告，當天大部分的中國餐館都爆滿，如果想感受中國農曆年的氣氛和一嚐農曆年傳統食物，必須提早預約訂座了!

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Forte SX shown†

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Rio4 SX with Navigation shown†

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PARADE IS A LOCAL SIGNATURE EVENT

Chinese New Year is a city-wide party for people of every cultural background in Vancouver. And the city's Chinese New Year's parade is at the heart of it.

Last year, more than 80,000 spectators flooded Vancouver's historical Chinatown to watch the spectacle and enjoy the music, performances, food and drama.

This year, the 41st annual Chinese New Year parade, for the Year of the Horse, will be held in the streets of Chinatown Feb. 2, beginning at 11 a.m. sharp.

The parade was first held and celebrated by the local Chinese community, says Jun Ing, one of the parade co-ordinators. Since then, it has grown dramatically in size and in diversity.

"Particularly in the last decade we've been incorporating more of the multicultural aspect to the parade."

He is currently working to get a group of Thai dancers into the parade for the first time, and says many other cultural groups have become regulars at the parade over the years, including a traditional English dance group, two Japanese groups including taiko drummers, and a Mexican dance group.

"Some of the things that are unique about our parade are lion dancers and dragon dancers. Lion dancers create the four-legged beast hidden under a costume."

Smaller dragon costumes are about seven- to nine-people long, and bigger ones can have up to 100 people inside the dragon costume, he says.

ANTHONY CORREIA/SHUTTERSTOCK

BRANDON BOURDAGES/SHUTTERSTOCK

本地每年盛事 — 新春大巡遊

在溫哥華，農曆新年已成為一個不同族裔文化人士的慶典，以溫市的新春大巡遊就是這慶典的重點環節。

去年，超過80,000居民擁至溫哥華的華埠歷史保留區觀看大巡遊，欣賞在場的音樂、表演、美食及戲劇。

今年，第四十一屆的馬年新春大巡遊，將於2月2日上午11時正在華埠的街道上舉行。「最初，巡遊是由本地華人社區舉辦及作為慶祝新春的活動。」大巡遊聯絡員之一Jun Ing說。「自此以後，大巡遊變得越來越盛大及多元化。」

「特別在過去十年，我們把更多元的文化元素融入了大巡遊。」他說。除多年來一直包含其他族裔的文化表演，包括傳統英國舞、日本的太鼓表演及墨西哥舞蹈，他正在籌措首度將泰國舞引入大巡遊之內。

「醒獅舞龍將會是新春大巡遊的特色項目。」他亦補充道：「在服飾下，配合武師的舞動功架，醒獅化身成雄斗斗的四腳獸。」較小的舞龍約七至九人的長度，而大的舞龍可多達百人同時舞動。

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CANADA POST POSTES CANADA

START ON A LUCKY NOTE

Chinese New Year is a time of looking forward to the next year, so the number of lucky things you are able to do on New Year's plays a key role in determining your welfare over the next year, according to tradition, says Kathy Gibler, the executive director of Vancouver's Dr. Sun Yat-Sen Classical Chinese Garden.

Many of the traditions around Chinese New Year are based around the idea of luck, including fireworks and lucky money, she says. But simple symbols around the home make a difference, too.

Oranges are a lucky symbol because their round shape and their golden colour symbolize prosperity and wealth. A household might have a small orange tree, or simply a bowl of oranges on display.

Eight is another lucky symbol — "because the eight in Chinese sounds like the word 'abundance,'" Gibler says.

"You also always want a lot of red, which is the happy colour. Often, there are red lanterns hung up, and one of the things you decorate your house with are red pieces of paper with lucky sayings on them. We have them here at the garden all over the place."

BENCHAPORN MAIWAT/SHUTTERSTOCK

One of the luck-bringing activities that people like to take care of before New Year's Day is to settle their debts. It's considered very positive to go into the new year debt-free.

"That last day there's a lot of running around — shopkeepers trying to collect their bills," she says.

WONG YU LIANG/SHUTTERSTOCK

迎春接福 好運來

「根據傳統，人們相信在除舊迎新的農曆新年，要遵守不少春節習俗，以確保來年順境。」溫哥華中山公園行政總裁Kathy Gibler說道。

「許多春節習俗都源於意頭，包括放鞭炮和派紅封包。」她說：「另外，家裏各樣細節也帶着重要的象徵意義。」

「桔子象徵好運，由於圓形及金黃的顏色，桔子代表黃金滿屋、財源滾滾來。有些人會在家中擺放一盆桔樹，或盛一些帶葉的桔子在一個碟子上，作為賀年的裝飾。」

「八」字是另一個好意頭的象徵—「因為在中文，八字是發字的諧音，所以也有發財的涵意。」Gibler解釋道。

「人們還會用上大量的紅色，因為紅色是代表喜慶的顏色。」她說：「人們將大紅燈籠高高掛上，並一屋牆壁上貼滿一張張寫着祝福語句的揮春。在中山公園裡，我們也貼滿了這些應節的揮春呢！」

此外，年初一之前清還所有債項，以無債之身踏進新一年，亦被認為是好意頭的事。」

「在農曆年除夕，市面上四處熙來攘往，商店中都擠滿了辦年貨的人群，熱鬧非常。」她說。

爆竹一聲除舊歲

中華民族作為火藥發明者，當然善於以此增添節日喜慶。在農曆新年期間，放鞭炮是不可少的節慶活動。」溫哥華春節大巡遊聯絡人Jun Ing說。

在今年的溫哥華第四十一屆春節大巡遊中，巡遊隊伍將鳴放鞭炮，以象徵來年諸事大吉。

「放鞭炮乃農曆新年傳統習俗，象徵除舊迎新。」溫哥華中山公園行政總裁Kathy Gibler說。

在中國的一些城市，近年禁止燃放煙花鞭炮，但在此前，在中國各地，人們都會在農曆年除夕晚上至大年初一燃放鞭炮。「現在許多城市已改為舉行大型煙花匯演慶祝新年來臨。」Gibler說：「放鞭炮除了可帶來歡愉及喜慶氣氛之外，此習俗其實源於古時民間驅逐瘟邪之法，藉着其發出巨大的聲響 ，把過去一年所有霉運趕走。」她說。

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ELEN_STUDIO/SHUTTERSTOCK

CHASE AWAY EVIL SPIRITS

The country that invented fireworks definitely knows how to put on a good show. Fireworks are integral to the celebration of Chinese New Year, says Jun Ing, a co-ordinator of Vancouver's Chinese New Year Parade.

During this year's 41st annual Chinese New Year parade in Vancouver, the parade's trained volunteers will be setting off bunches of fireworks for good luck.

Fireworks are a traditional way of ushering out the old year and welcoming the new one, says Kathy Gibler, the executive director of Vancouver's Dr. Sun Yat-Sen Classical Chinese Garden.

Chinese authorities have banned individual use of fireworks in recent years, but before that, everyone in Chinese cities would light them off on New Year's Eve and into New Year's Day, Gibler says. Now cities put on big fireworks displays for the occasion instead.

"One of the traditional purposes, aside from the sheer fun of fireworks, is to chase away evil spirits," she says. "All the bad luck and all the stuff you want to get rid of from the past year, you make a big noise and scare it away."

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4 SPORTS

The Seahawks and the Broncos will be playing for the Vince Lombardi Trophy. GETTY IMAGES FILE

Sizing up the Super Bowl

Metro sports reporter Cam Tucker gets you primed for Sunday's big game

CAM TUCKER/METRO
Photos by Getty Images

QUARTERBACKS

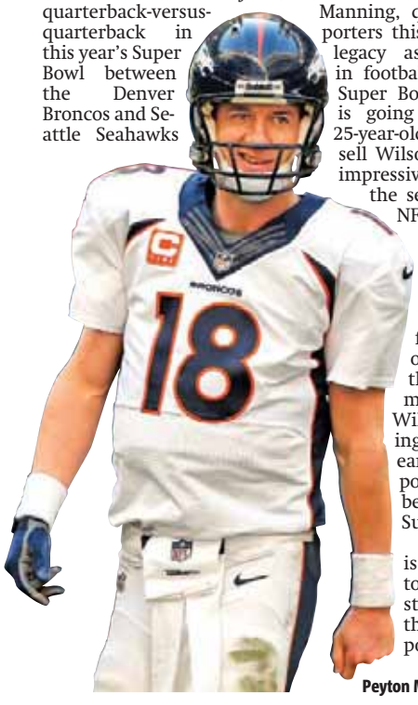
On the surface, the subject of quarterback-versus-quarterback in this year's Super Bowl between the Denver Broncos and Seattle Seahawks seems more like a Hollywood script.

The 37-year-old Peyton Manning, questioned by reporters this week about his legacy as a quarterback in football with only one Super Bowl to his credit, is going up against the 25-year-old, fresh-faced Russell Wilson, concluding in impressive fashion only the second year of his NFL career.

Manning's career is winding down, although this record-breaking season for the Broncos offence makes you think he has a few more years ahead. Wilson's is just starting, but has the early indications of potential greatness, beginning with Sunday's big game.

But this game is also about two totally different styles. Manning is the prototypical pocket passer, dissecting an opposition's defence in such a clinical and precise manner. Wilson is the athletic one, moving around, buying time with his legs, not afraid to take the ball himself and run.

We'll be watching to see how the ending to this script is written.



Peyton Manning

RICHARD SHERMAN

It became one of the most infamous post-game interviews we've witnessed in a while, and it cast its subject, Richard Sherman, as the villain for some, yet hyper-charismatic and just simply speaking his mind after making the biggest play of his life and the Seahawks' season to others.

It was no surprise when he continued to be a centre of attention this week in the lead-up to the Super Bowl.

He's also emerged in recent years as one of the league's best defensive backs, with a league-high eight interceptions in the 2013 regular season.

If the Seahawks lose and Peyton Manning picks Seattle's defence apart with the passing game, fans and media will again point to Sherman's interview with Erin Andrews of Fox, probably with a "what goes around comes around" attitude.

Win, and some people probably still won't like him. Don't think it will bother him.

DEFENCE WINS CHAMPIONSHIPS?

The Seahawks claim the NFL's best overall defence, and the Broncos boast a record-breaking offence. Perfect.

The age-old adage that defence wins championships is sure to be put to the test in this case. The Seahawks' defence gave up only 273.6 yards per game — far and away tops in the entire league. They surrendered only 172 yards passing per game. With Peyton Manning at quarterback, the air attack has been Denver's key to putting points on the board.

The 2014 championship is a clash between two elite teams, the best on either side of the football. Something has to give.

Richard Sherman

Marshawn Lynch of the Seattle Seahawks carries the ball against the San Francisco 49ers during the NFC Championship on Jan. 19 in Seattle. Despite doing his best to avoid the media, the running back will have the spotlight fixed on him come Sunday. JONATHAN FERREY/GETTY IMAGES

Sherman on Lynch: 'I think his game speaks for itself'

Silent mode. Seahawks RB, unlike teammate, done talking ahead of Super Bowl Sunday

Marshawn Lynch said Thursday it will be good to get back to football after the quiet Seattle running back wrapped up his final mandatory media session of Super Bowl week.

Lynch took questions for about seven and a half minutes during the morning session, his longest such stretch this week. He talked for less than seven minutes at both media day on Tuesday and the media session at the team hotel on Wednesday. "It's going to be good to get back to football," Lynch said. "Real good."

Beast-season

"I'm not sure, man. It's not like I prepare any different. I couldn't tell you."

Seahawks running back Marshawn Lynch, on his stellar post-season play.

Lynch's aversion to speaking with the media had become a major focal point as the Seahawks started their preparations for Sunday's game against Denver. While Seattle was getting attention last week for the comments made by Richard Sherman during the NFC championship game, this week it was about Lynch's reluctance to open his mouth.

"I think he shouldn't have to do everything that he doesn't feel comfortable with," Sherman said. "But myself, I'm fine with it. I enjoy it. I enjoy getting the message out that I want to get out, and I enjoy supporting my teammates. The great Marshawn Lynch, I think his game speaks for itself. It says enough for everybody to talk about for weeks and weeks."

Even with only talking for a few minutes, Lynch managed to make an attention grabbing statement. Asked what he thought about assistant head coach Tom Cable when he arrived in 2011, Lynch made reference to a reported incident with an assistant coach when Cable was Oakland's head coach in 2009.

"Well, being from Oakland, all I knew about him was that he punched people," Lynch said. "That's my type of person." THE ASSOCIATED PRESS

Russell Wilson. Trying to win the big one for the little guys

The captain was a few minutes late, though no one seemed to mind.

Russell Wilson is usually worth the wait, and no more than on this day, his final one speaking about the game before he actually plays The Game.

Peyton Manning is supposed to be the star of this Super Bowl, but a minor-league second baseman who refused to listen to those who said he was too small to play quarterback in the NFL may have something to say about that. Proving people wrong is almost as fun for Wilson as winning football games, and he's done both with great regularity since being drafted with the 75th overall pick two years ago by the Seattle Seahawks.

Seahawks quarterback Russell Wilson
OTTO GREULE JR/GETTY IMAGES

"For all the kids that have been told, no, that they can't do it, or all the kids that will be told no," Wilson said. "That's one of the reasons that I left playing baseball, to be honest with you. I had this urge to play the game of football, because so many people — I shouldn't say so many, a handful of people — said I couldn't do it."

Wilson has the chance to join an elite group of QBs (Tom Brady, Kurt Warner and Ben Roethlisberger) who have won a Super Bowl in their second year. As a great believer in visualization, he is already trying to figure out how to feel when the national anthem is sung and the stadium erupts in flashes for the kickoff.

"Then it will be, 'OK, I'm ready to go.'" THE ASSOCIATED PRESS

Canucks

Santorelli out five to six months after shoulder surgery

Mike Santorelli underwent "successful" shoulder surgery to repair a torn labrum and is expected to make a full recovery in five to six months, the Vancouver Canucks announced Thursday.

Santorelli, 28, was having a very good first season with the Canucks, as he tried to once again become an everyday NHL player, after being placed on waivers by the Florida Panthers and picked up by the Winnipeg Jets in the lockout-shortened campaign.

A free agent signing this summer to a one-year, two-way deal to just $550,000 at the NHL level, according to Capgeek.com, Santorelli earned a spot on the club's roster to begin the season, after impressing new head coach John Tortorella with his fitness levels and tenacious play in the preseason.

He had 10 goals and 28 points in 49 games, playing primarily on Vancouver's second line, before injuring his shoulder on Jan. 16 against the Phoenix Coyotes.

Santorelli, who is from Burnaby and a British Columbia Hockey League graduate, hasn't played since.

"After consulting with our team physicians, we determined that Mike would require a procedure on his shoulder," said Canucks general manager Mike Gillis in a statement.

"The surgery was successful and we expect a full recovery."

The Canucks begin a five-game road trip against the Winnipeg Jets on Friday. CAM TUCKER/METRO

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Horoscopes

♈ Aries
March 21 - April 20
You may prefer to deal with facts but there are times when you must take what you are told on trust, and this is one of them. Those you work with may be difficult at times but they are still on your side.

♉ Taurus
April 21 - May 21
Something will seize your imagination today and you will move in a new direction. Does what you are doing have any practical or financial value? Who cares! It's enjoyable!

♊ Gemini
May 22 - June 21
Despite what some negative types might say, most people in the world are just like you. Keep that in mind today when dealing with strangers. You may be surprised how much you have in common.

♋ Cancer
June 22 - July 23
Some people think you are the best thing since sliced bread — and they're right. But don't let flattery and adulation go to your head because there are others who would like an excuse to take you down a peg.

♌ Leo
July 24 - Aug. 23
There may be a thousand chores you'd like to avoid but you can't, so don't waste time on wishful thinking. Positive thinking, however, is to be encouraged, so imagine you are having the time of your life.

♍ Virgo
Aug. 24 - Sept. 23
Make the most of your current run of good fortune and make sure those you are closest to know how you feel about them. Chances are they know anyway but it never hurts to make sure.

♎ Libra
Sept. 24 - Oct. 23
It will pay you to come on less strong today, especially at work but also at home. You don't need to prove yourself. In fact, you will impress people more if you switch off and have fun.

♏ Scorpio
Oct. 24 - Nov. 22
Have fun. Hang out with your friends. This isn't a day to think about any of the many things you have been worrying about. You deserve a break so reward yourself. Others will smile too.

♐ Sagittarius
Nov. 23 - Dec. 21
You know what needs to be done to put things right and put loved ones and business colleagues at ease, so do it. Just make sure you can deliver on any promises you might make — and never, ever make promises about money.

♑ Capricorn
Dec. 22 - Jan. 20
You will find it easy enough to get your way over the next 24 hours, especially if you tell others what they want to hear. Is that dishonest? Maybe, but it's not the worst thing you'll do.

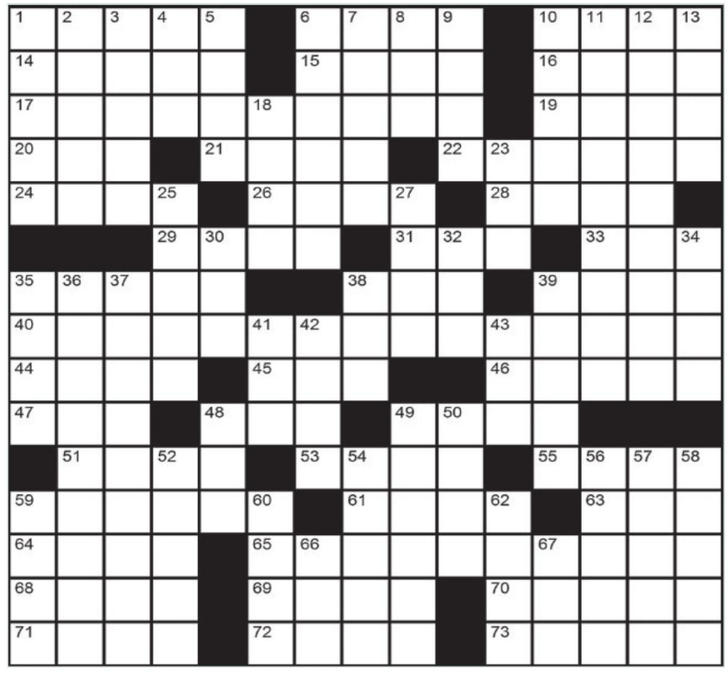
♒ Aquarius
Jan. 21 - Feb. 19
The more you ask for, the more you get. The more you get, the more you want. Just be careful you don't get so much that you can hardly meet the responsibilities that go with it.

♓ Pisces
Feb. 20 - March 20
Your future has rarely looked brighter. So why so glum? Whatever the reason, you need to snap out of it and recognize that, compared to most people, you are on easy street. All you really have to worry about is staying there. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Chinese New Year, 2014 Year of the __
6. Above
10. __ at (Just barely eat)
14. Actress Deborah
15. Telephone __
16. Wheel shaft
17. Restores rank
19. Twirled
20. Flower container
21. Nobleman
22. Bands of eight
24. Hitch
26. Tribute types
28. Singer Mr. Anthony
29. Glasgow gal
31. Mr. Pacino's
33. Definite article
35. Plus
38. "You __ what you eat."
39. First __ (Some claims)
40. Nova Scotia's big star on Groundhog Day, February 2nd: 2 wds.
44. Bob of comedy
45. Rainbow shape
46. Vassal
47. Female sheep
48. Vital life energy
49. Immense
51. The Supremes, for example
53. Milk: French
55. Shaggy creatures
59. Understated
61. Ribbon bow part
63. Sing-y syllable
64. One: Italian [pl.]
65. "Groundhog Day" (1993) star: 2 wds.
68. Buckingham Palace stables, The Royal __
69. Acreage
70. Norse navigator Mr. Ericsson's
71. Norway's capital
72. Hankerings
73. __-Bismol

Down

1. Dwells on
2. Classic theatre
3. Seasoned yogurt dip of India
4. Fall from grace
5. Highlands tongue
6. Grammy and Oscar
7. Story's topper
8. Portland's state, for short
9. Certain currency
10. East Side Mario's serving
11. Skilfulness
12. Type of purse for the red carpet: 2 wds.
13. Actor Mr. Watanabe's
18. __, New Mexico
23. Metric measurements, mini-ly
25. The __ (Area of Ottawa)
27. Actress Ms. Paxton
30. Dined
32. Guided
34. Carlisle Cullen's wife in 'Twilight' movies
35. Tennis star Arthur
36. Rodgers & Hammerstein fare: 2 wds.
37. Big sporting event this weekend: 2 wds.
38. Scene of NHL action in Toronto
39. Zeus, for one
41. "Uh-uh."
42. Husk
43. Elles opposites
48. Mil. officer
49. Some 'strings' in music
50. Mr. Egoyan
52. Linda Ronstadt hit: "__ Easy": 2 wds.
54. Actor Tim
56. Take _ __ (Go vacationing)
57. Big name in food
58. Pull, as to give the word to get things done
59. Form of wrestling
60. Auction website
62. Stuff in orange juice
66. Hotness
67. Riddle-me-__

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		6				4	1	
4	1						7	
			2		1	8		
		5			7	1		3
			6		4			
8		3	9			2		
		9	7		2			
	3						2	5
	6	4				9		

Yesterday's Sudoku

7	4	9	2	1	5	6	3	8
8	3	1	7	4	6	9	5	2
5	2	6	3	9	8	7	1	4
4	6	5	8	7	3	1	2	9
3	1	2	9	5	4	8	6	7
9	8	7	1	6	2	5	4	3
6	5	8	4	2	7	3	9	1
2	9	3	6	8	1	4	7	5
1	7	4	5	3	9	2	8	6

Today
6°/3°
Sunny

Saturday
6°/1°
Variable
40%

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Check the 14 day trend.
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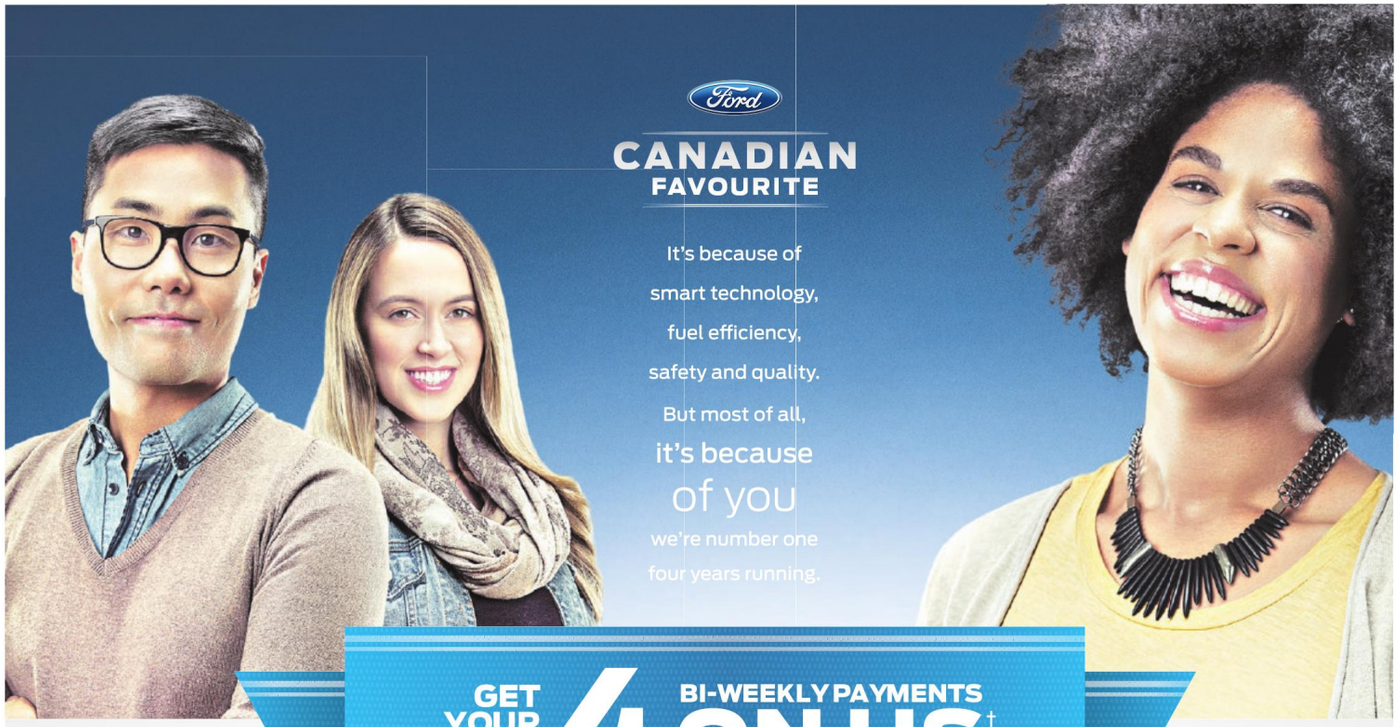

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